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**Tuesday**



2.5M Sudanese have been displaced in 4 years.

**Darfur Report:** U.N. panel urges swift action in Sudan | **7**

**Watch Out:** Cameras added in Md. county to nab speeders | **9**



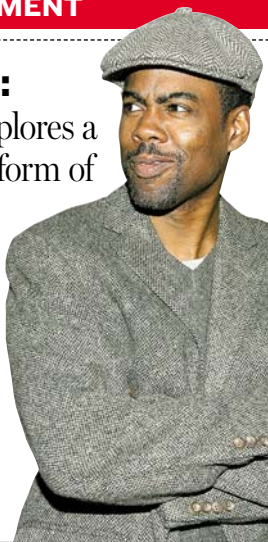
**Missing Mason:** Patriots snubbed by NIT one year after magical run | **12**

## ENTERTAINMENT

### Rock's On:

*Chris Rock* explores a more mature form of comedy in his new movie. Plus, *Son Volt* and 'Nineteen Minutes.'

>> **16-20**

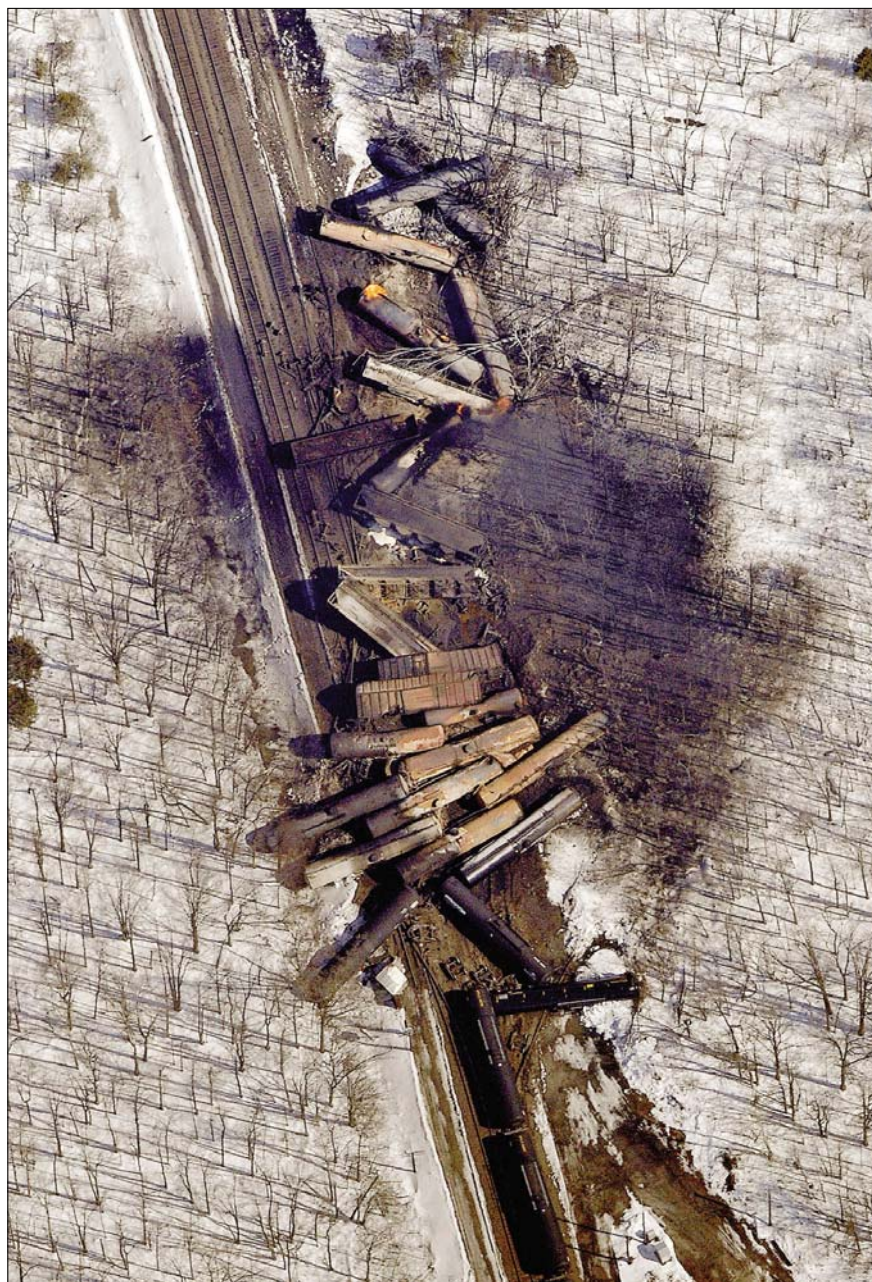


**Weather** >> Partly Sunny



**70 | 53**

FULL FORECAST ON PAGE 30



## Train Blast Startles N.Y. Town

**EXPLOSIVE SITUATION:** Cars from a freight train are strewn along railroad tracks in Oneida, N.Y., after an explosion Monday. The small, central New York town was evacuated after the cars — carrying liquid propane and other chemicals — exploded following the derailment at 7 a.m. Passenger train service was halted and a nearby highway was shut down until the danger had passed.

**PROPERTY | Location, Location, Location** A Saudi Arabia man who accidentally built a house on the wrong plot of land has struck a deal to keep the home, the Arab News (Saudi Arabia) reported. The man spent nearly \$270,000 on the house, then



discovered while planning electrical installation that the construction had been on land owned by another man. The landowner agreed to switch plots after being offered \$27,000 in compensation. (EXPRESS) **EyeOpeners** | Page 2

## Embattled Top Army Doc Quits

Surgeon general retires in wake of Walter Reed scandal

WASHINGTON | Army Surgeon General Kevin C. Kiley abruptly stepped down under pressure from military superiors, the third top Army official forced out in the fallout from revelations of shabby treatment of wounded soldiers at Walter Reed Army Medical Center.

The Army said Monday that Lt. Gen. Kiley had submitted a request to retire over the weekend. Acting Army Secretary Pete Geren had asked Kiley for his retirement, said a senior defense official, speaking on condition of anonymity.

Kiley's removal underscored how the controversy, which began with reports of dilapidated outpatient housing and a nightmarish bureaucracy at the Army's flagship hospital, has snowballed into a far broader problem for the Bush administration.

Congressional committees and a slew of investigative boards are scrutinizing the treatment of wounded troops and veterans by the military's entire medical system, as well as by the Department of Veterans Affairs.

Kiley, 56, who headed Walter Reed from 2002 to 2004, has been a lightning rod for criticism over conditions there and has been a frequent target of hostile questions at congressional hearings. PAULINE JELINEK (AP)

❖ **Critical eye:** The VA orders a review of its 1,400 hospitals and clinics following controversy | Page 3



Kiley



# eyeOpeners

## IN A RUSH

### Good Excuse to Use Express Checkout

A Chandler, Ariz., man who started a fire while cooking methamphetamine last week drove to a Wal-Mart to buy a fire extinguisher when he couldn't put out the flames, officials said. Jonathan Zaletel was arrested by police when he returned home, police said. The flames had been extinguished by a sprinkler system, but firefighters found a small meth lab in the closet. A toaster being used to cook the drug had caught fire, officials said, and Zaletel had tried putting it out using water and window cleaner before deciding to go buy the fire extinguisher. (AP)



## TEXT MESSAGES

### Pink Slips Obsolete In Paper-Free World

Four employees of a Chester, England, company were fired by text message, the Chester Chronicle reported. Stanley Porters and Co. manager Lee Wilson sent them each a text message telling them they were being terminated and not to come to the office to get their belongings. "I have no option but to let you go," Wilson wrote. "Your pay will be calculated and paid on pay day. You are not required to go into the office. All belongings will be sent to you." The four were not happy with the method of their dismissal. "What is unprofessional is sacking people by text message without any proper notice," said one of the fired employees. (EXPRESS)



WILLIAM WEST/AP/GETTY IMAGES

## ENGINEERING

### Float On

Hey, even the Wright brothers had to start somewhere, though they probably wouldn't have started with something like this, because, as engineers, they would have known it would never fly. But this pilot didn't seem to care Sunday while leaping into the air in the Birdman Rally, a contest at the Moomba Waterfest festival on the Yarra River in Melbourne, Australia. Competitors struggled against strong headwinds, with no one coming close to the 1990 distance record of 157 feet. (EXPRESS)



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## THRIFTINESS

### For Richer, for Poorer ... or Not

Married couples in South Korea are divorcing and remarrying in order to take advantage of a tax loophole, the Korea Times reported. Current laws stipulate that newly married couples must pay only half of the capital gains tax during the first two years of their marriage. So, some couples have divorced and remarried to avoid paying the full tax, and also any amount owed if the couple were to sell a home within two years. (EXPRESS)

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| <b>MCSE Windows 2003</b>   | Mar 22 |
| <b>Information Technology Foundation (Sterling)</b><br>(A+, Network+, MCP, CCNA, Security+)  | Apr 07 |
| <b>Microsoft.Net (MCPD.Net)</b>  | Apr 07 |
| <b>Oracle 10g Database Administration</b>  | Apr 16 |
| <b>Information Technology Foundation (Arlington)</b><br>(A+, Network+, MCP, CCNA, Security+) | Apr 30 |
| <b>Microsoft Project</b>   | May 04 |

### Daytime Accelerated Programs

|   |        |
|---|--------|
| <b>Cisco Certified Network Associate (CCNA)</b> | Apr 23 |
| <b>Security - CISSP</b>                         | May 21 |

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**LEARNING EXPERIENCE:** A scavenger hunt in Laredo, Texas, turned sour for 40 high school students after police arrested them on felony charges. Police accused the students of stealing up to five truckloads of loot, including city traffic signs and pinatas.

## Nation

### In Brief

#### HOUSTON Former President Bush Collapses on Golf Outing

Former President George H.W. Bush was treated at a California hospital for dehydration and released Monday after collapsing during a golf outing in Palm Springs.



Bush

Jean Becker, Bush's chief of staff, said Bush fainted while playing golf with friends Sunday in 94-degree weather. "He's fine; he really is fine," Becker said. "He became dehydrated, and he had a fainting spell. He came to right away, but as a precaution, they took him to the hospital and then — much to his dismay — as a precaution, they held him overnight." (AP)

#### ALBUQUERQUE, N.M. House OKs Bill Requiring Girls to Get HPV Vaccine

New Mexico is on the verge of becoming the latest state to require sixth-grade girls to be vaccinated against a sexually transmitted virus that can cause cervical cancer, a spokesman for the governor said Monday. The state House approved the bill Sunday, and Gov. Bill Richardson will sign it, spokesman Gilbert Gallegos said.

"This is an important anti-cancer vaccine, and the governor believes it's imperative for all girls to be protected against cervical cancer," Gallegos said. (AP)

# VA Orders Review of All Hospitals

## Walter Reed problems prompt closer scrutiny of veterans facilities

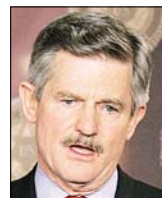
WASHINGTON | The VA is ordering its 1,400 hospitals and clinics to report on the quality of their facilities to determine whether squalid conditions found at Walter Reed exist elsewhere.

Veterans Affairs Secretary Jim Nicholson issued the directive in an internal memorandum sent last week to the VA's medical center directors. He said "recent events"

compelled him to redouble efforts to improve the physical environment at outpatient center and medical facilities.

"I am directing you hereby to conduct and supervise a full and immediate review of your facility's environments of care," Nicholson wrote in the March 7 memorandum, which was obtained Monday. The memo asks for a full report by March 14.

"As medical center and network



Nicholson

directors, you all are responsible," he said. "Negative responses are required."

On Monday, Nicholson paid a surprise visit to the VA medical center in Richmond, Va., as part of the department's ongoing efforts to "make sure veterans are receiving access to the best possible care and environment."

During that time, he met with center officials for two to three hours to hear their concerns about what can be done to improve care, the department said, with more visits planned to other facilities in

coming months.

Nicholson's moves come in the wake of disclosures of roach-infested conditions and shoddy outpatient care at Walter Reed Army Medical Center, one of the nation's premier facilities for treating those wounded in Iraq and Afghanistan.

It also comes as Democrats newly in charge of Congress have questioned whether Nicholson, a former chairman of the Republican National Committee, is up to the job of revitalizing a veterans care system beset with bureaucratic delays and poor coordination. (AP)

### NEW YORK | PRAYER IN THE STREETS



**UNITED IN GRIEF:** Mourners pray in the streets of New York on Monday. Hundreds of people prayed over small, simple caskets at a tear-filled funeral for the nine children and one woman killed in a house fire in the Bronx last week.

## Dems Retreat From Limiting Bush on Iran

### Party leaders gear up for confrontation over Iraq withdrawal bill

WASHINGTON | Top House Democrats retreated Monday from an attempt to limit President Bush's authority for taking military action against Iran as the leadership concentrated on a looming confrontation with the White House over the Iraq war.

Officials said Speaker Nancy Pelosi and other members of the leadership had decided to strip from a major military spending bill a requirement for Bush to gain

approval from Congress before moving against Iran.

The developments occurred as Democrats pointed toward an initial test vote in the House Appropriations Committee on Thursday on the overall bill, which would require the withdrawal of U.S. combat troops from Iraq by Sept. 1, 2008, if not earlier. The measure also provides nearly \$100 billion to pay for fighting in Iraq and Afghanistan.

The White House has issued a veto threat against the measure, and Vice President Dick Cheney attacked its supporters, declaring they "are telling the enemy simply to watch the clock and wait us out." (AP)

# Allergies?

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# Nation



**MADE-FOR-TV:** Fred Thompson, who plays district attorney Arthur Branch on NBC's drama "Law & Order," said Sunday he is considering running for president. Thompson said he was pondering a run after Tennessee Republicans began drumming up support for him.

## Disneyland Fights Condo Proposal

Housing advocates say units near resort needed for workers

ANAHEIM, CALIF. | The Happiest Place on Earth does not want any new neighbors.

The Walt Disney Co. has sued the city of Anaheim to stop the proposed construction of 1,500 condos, including several hundred low-income units, at the doorstep of Disneyland.

Housing advocates say the units are desperately needed to accommodate workers who are essential to the city's huge tourism industry but cannot afford to live there. Many workers spend at least four hours a day commuting from outlying areas where rent is cheaper.

"We helped to build this resort, but now they're saying we can't live here," said Lori Condinus, a hotel switchboard operator who lives 60 miles away. "Disneyland is supposed to be the family-friendly place, but they're not helping



Gloria Pena, a housekeeper at a Disneyland hotel, stands near a Disneyland tourist bus in Anaheim, Calif. Many Disneyland workers commute long distances to work.

families make it."

Disneyland and other tourism-oriented businesses say housing will drive away visitors from the park — which pumps an estimated \$3.6 billion into Southern

California's economy each year — and open the way for the return of the cheap motels, neon signs and scraggly landscaping that marked the area in the early days of Disneyland.

"We believe this is a very dangerous precedent, because once you allow one residential development in, where does it stop?" said Rob Doughty, Disneyland's vice president of communications. "We will do all we can to protect the value of the resort area."

The project would be on a 26-acre parcel just a few blocks from Disneyland and across the street from Disney-owned land that could someday be the site of another theme park.

Developer SunCal Cos. has pledged that at least 15 percent of the condos would be low-income units. Last week, it agreed to shoulder Anaheim's legal expenses as the city fights the lawsuit, the first ever filed by Disney against Anaheim.

Experts say Disney's aggressive stance stems from Walt Disney himself, who despised the kitsch that grew up around Disneyland when it opened in 1955 and believed it detracted from the aura of his pristine fantasyland. (AP)

## Burnt Car Blamed for Calif. Fire

Firefighters say stolen vehicle was set ablaze during high winds

ANAHEIM, CALIF. | A wildfire burning among houses in the hills southeast of Los Angeles was ignited by flames from a stolen car that was intentionally set ablaze during strong winds, a fire official said Monday.

Orange County Fire Authority Battalion Chief Ed Fleming stopped short of calling it arson, however, because it was not clear whether the intent was to start a wildfire or simply to cover up criminal evidence.

"They have confirmed that it was a stolen car and that the car was intentionally ignited," Fleming said. "As we fight the fire, they are trying to come up with every lead possible to figure out who did this and why and what their motive was." (AP)

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|--------------------|----------|
| Serving Size 400g  |          |
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# Hagel Delays Bid Decision

Senator will figure out later this year whether to run for president

OMAHA, NEB. | Sen. Chuck Hagel, R-Neb., one of the more forceful Republican voices in opposition to the Iraq war, on Monday delayed a decision about a possible presidential bid, saying he wanted to focus on the conflict and other pressing national issues.

In an odd twist, the Nebraska senator called a news conference to say he would decide about his political future later this year, saying a late entry into the 2008 race is still possible.

"I want to keep my focus on helping find a responsible way out of this tragedy," Hagel said of the Iraq war.

The Republican presidential field is crowded with 10 candidates, a number that could grow as Newt Gingrich and Fred Thompson weigh possible bids. Hagel's



Sen. Chuck Hagel, R-Neb., said Monday he will make a decision later this year about whether to run for president. The senator is an outspoken critic of the Iraq war.

planned announcement touched off speculation that he would join the 2008 White House race or announce plans to seek a third Senate term.

Instead, he told reporters: "I am here today to announce that

my family and I will make a decision on my political future later this year."

The senator is a decorated Vietnam War veteran who made millions in the cellular phone business.

MARGERY BECK (AP)

# Town Fights in Court For Immigration Rules

ACLU official says efforts usurp federal government's role

SCRANTON, PA. | There is no evidence to back up the claim by Hazleton's mayor that illegal immigrants are destroying the quality of life in the former Pennsylvania mining town, a civil rights attorney told a judge Monday at the start of the first federal trial on local efforts to curb illegal immigration.

"Even if illegal immigrants really are wreaking havoc on Hazleton, that doesn't change the legal analysis" that the former coal town's crackdown on illegal immigrants usurps the federal government's role, said Witold "Vic" Walczak, the Pennsylvania legal director of the American Civil Liberties Union.

Last summer, Hazleton officials passed the city's Illegal Immigra-



Hazleton Mayor Lou Barletta, right, speaks to reporters in Scranton, Pa.

tion Relief Act, imposing fines on landlords who rent to illegal immigrants and denying business permits to companies that employ them. Another measure requires tenants to register with City Hall.

In court papers, Hazleton officials said illegal immigrants have committed at least 47 crimes since last spring, consuming much of the city's police overtime budget. (AP)

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**PEST PACT:** Buddhist monks bound by faith in nonviolence are grappling with how to rid a Malaysian temple of a severe ant infestation without killing the insects, a temple devotee reports. Stinging red ants have plagued the Hong Hock See Temple in Penang state for a year.

## World

### In Brief



A man grieves for a victim of a recent suicide car bomb attack in Baghdad.

#### BAGHDAD U.S. Forces Will Search For Car Bomb Factories

With violence down in Baghdad, U.S. troops will fan out into communities on the rim of the capital to shut down car bomb factories, which remain a threat despite a recent drop in execution-style killings in the city, the U.S. military said Monday. At least 55 people have been killed by bombs in Baghdad over the last three days, including three security guards who died Monday in a blast targeting an Agriculture Ministry convoy. (AP)

#### JERUSALEM Israeli Envoy Recalled After He Was Found Naked, Drunk

Israel has recalled its ambassador to El Salvador after he was found naked, bound and drunk, according to Israeli media reports confirmed Monday by a government spokeswoman. The longtime diplomat, Tsurial Raphael, has been removed from his post, said Foreign Ministry spokeswoman Zehavit Ben-Hillel. Two weeks ago, El Salvador police found Raphael in the yard of his residence, tied up, gagged with a ball and drunk, Israeli media reported. (AP)

#### CASABLANCA, MOROCCO Man Dies After Detonating Explosives in Internet Cafe

A Moroccan man blew himself up in an Internet cafe after the owners prevented him from looking at terror Web sites, the Interior Ministry said Monday. The man was killed and four people were injured in the Sunday night blast, including the man's companion, said ministry spokesman Abderrahman Achour. Both men were carrying explosives. (AP)

# U.N. Panel Urges Action on Darfur

## Human rights team issues sharply worded report on Sudan crisis

GENEVA | A U.N. human rights team criticized the international community Monday for failing to halt atrocities in Darfur, saying in a sharply worded report that the United Nations must act now to protect civilians from a violence campaign orchestrated by Sudan's government.

The panel, headed by Nobel Peace Prize laureate Jody Williams, departed from the usual diplomatic niceties of U.N. reports to accuse major nations of letting Sudan obstruct efforts to quell ethnic fighting that has killed 200,000 people and displaced 2.5 million in four years.

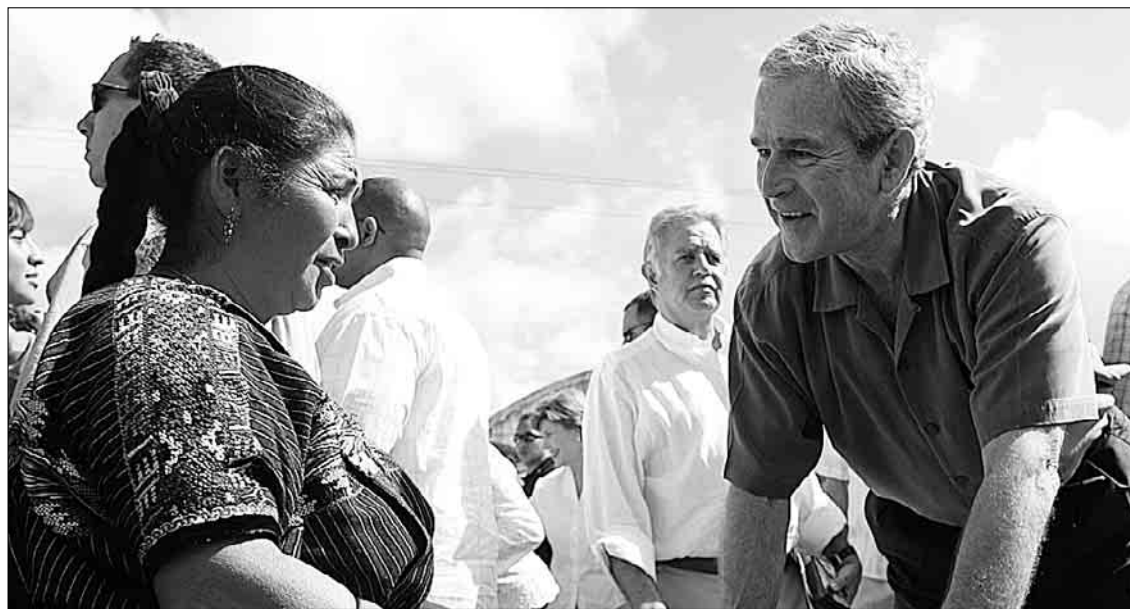
The report urged quick U.N. Security Council intervention, the imposition of sanctions and crimi-



Displaced Sudanese boys gather at a refugee camp in the Darfur region in February.

### Sudan's Darfur | Chronology of a Crisis

|   |  |   |   |   |
|---|--|---|---|---|
| <b>Feb. 2003</b> Fighting breaks out between rebel groups, government forces. | <b>Dec. 2003</b> U.N. accuses government-backed janjaweed of raids, rapes. | <b>July 2004</b> U.S. lawmakers declare killings in Sudan to be genocide. | <b>May 2006</b> Government and one rebel group sign fresh peace deal. | <b>Nov. 2006</b> Sudan rejects plans to have hybrid AU-U.N. forces in Darfur. |
|---|--|---|---|---|



President Bush speaks with a local vendor during his visit to the town plaza of Santa Cruz Balanya, Guatemala, on Monday.

## Immigration Issues Stir on Bush Trip

GUATEMALA CITY, GUATEMALA | President Bush's message of goodwill in Latin America ran into a wall in Guatemala on Monday, as his defense of U.S. immigration law met with disapproval from his hosts.

Bush's meetings here with President Oscar Berger, a conservative

leader who has become a strong U.S. ally, were dominated by trade and the issue of immigration policy.

Bush pleased Guatemalans by promising to push hard, and quickly, for changes that would include a temporary-worker program for illegal workers in the U.S. But he gave no ground in the face of questions

over deportations of illegal workers, such as a raid at a leather goods factory in Massachusetts last week. "The United States will enforce our law," Bush said.

Berger responded: "The Guatemalan people would have preferred a more clear and positive response — no more deportations." (AP)

## Early Vote Tallies Reveal Gains For 'Just Russia'

MOSCOW | A new party that promotes itself as an opposition group but supports Vladimir Putin took a prominent place on Russia's political stage Monday after regional elections that further consolidated the president's hold on power.

The party, Just Russia, is widely seen as a stealth Kremlin creation designed to give the impression of political competition while weakening genuine opposition parties.

If that's the strategy, it could be working. Preliminary results from legislative elections in 14 of Russia's 86 regions Sunday showed Just Russia got the second-highest voter support in most of the regions. In one, it surpassed the dominant pro-Putin United Russia party, which still retained approximately the same number of seats it previously held in regional legislatures.

Putin is constitutionally barred from running for a third term in the March 2008 presidential election, but he has hinted he will choose a favored successor. (AP)



## World



**BEDAZZLED:** Belgian police offered a \$2.6 million reward Monday for tips that will help them track down a man who stole \$28 million worth of diamonds from an Antwerp bank last week.

# Zimbabwe Assault Alleged

## Police are accused of beating top opposition leader after crackdown

**HARARE, ZIMBABWE** | Police assaulted and tortured Zimbabwe's most prominent opposition leader after breaking up a protest prayer meeting, leaving him with deep gashes on his head and shoulders, colleagues said Monday.

The organizers of the "Save Zimbabwe" meeting — an alliance of opposition, civic and church leaders, and student and anti-government groups — said lawyers reported that Morgan Tsvangirai fainted three times after being beaten by police. The Save Zimbabwe Campaign also said another opposition

leader, Lovemore Madhuku, was taken to the main Harare hospital early Monday after collapsing from police assaults. He was reported to be in serious condition.

At least four other opposition and civic leaders were beaten and tortured in custody, the campaign said.

Tsvangirai's Movement for Democratic Change said his wife was allowed to see him Monday in a suburban jail and reported the wounds. Susan Tsvangirai reported her husband was heavily bandaged, said his deputy, Movement for Democratic Change Vice Pres-



Tsvangirai

ident Thoko Khupe. Some of the wounds were sutured and an eye was badly swollen.

"This is not consistent with the normal police brutality we have witnessed. The injuries were deliberate and an attempt to assassinate him," said Eliphas Mukonoweshure, another top opposition official.

Lawyers were still being denied access to Tsvangirai, Khupe said.

Opponents of President Robert Mugabe blame him for acute food shortages, record inflation of some 1,600 percent — the highest in the world — and repression and corruption. They have demanded the ouster of 83-year-old Mugabe, Zimbabwe's only ruler since independence from Britain in 1980.

ANGUS SHAW (AP)

## GAZA STRIP | PERILOUS PASSAGE TO EGYPT



**ROUGH RIDE:** Palestinians sit and wait to cross the border into Egypt in the Gaza Strip Monday. The Rafah crossing, which European monitors say is closed more than 80 percent of the time, was to be open for two days starting Monday.

## Iranian Bank Note Gets Atomic Twist

**TEHRAN, IRAN** | Iran issued a bank note emblazoned with a nuclear symbol on Monday, in a move seen as an assertion of the national will in the face of international sanctions over its insistence on enriching uranium.

The new note for 50,000 rials (about \$5.40) also reflected rising inflation, a fact that has brought criticism of President Mahmoud Ahmadinejad's policies. It is worth more than twice the previously highest denomination note.

The note shows a nuclear symbol — electrons flying around a nucleus — on a map of Iran. A brief text next to the symbol gives a quote from Islam's Prophet Muhammad: "Men from the land of Persia will attain scientific knowledge even if it is as far as the Pleiades." Pleiades is a cluster of stars. (AP)



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## Special Report solves the "My home isn't selling" problem

**WASHINGTON METRO** — A "Special Report" explodes what its author exposes as "The myth of slow home sales." In fact, the Report explains, in clear and plain English, how a home owner who wants to sell can not only count on a sale within 120 days but can be guaranteed that the sale will occur.

The Report proves its accuracy by quoting specific local instances in which the technique it describes has sold homes time after time, quickly, efficiently, and at a favorable price.

The author of the report, noted realtor Frank Sanya, has made numerous appearances on both television and radio.

Mr. Sanya states that the Report represents the compendium of his many years of real estate experience and can be of substantial value to homeowners, especially those whose homes have been on the market unsold for a considerable period of time. The author emphasizes that although he does not accept every listing, by following the Report's procedures he accomplishes a sale in every instance in which he is the broker of record.

The secret, says the Report, is a combination of traits and procedures that consistently result in a successful sale. For a free copy of the Report, go to a private but available Web site — [www.WantItSoldNow.com](http://www.WantItSoldNow.com).





**BLACK BOOK BOUGHT:** Deborah Jeane Palfrey, who ran an escort service in the D.C. area for 13 years, said Monday she's reached a deal to sell her phone records of up to 15,000 clients to pay for her defense against federal racketeering charges.

## Local

# Speed Cameras Introduced in Md.

## Montgomery County first in state to use the monitoring technology

WASHINGTON | Montgomery County, Md., on Monday became the first jurisdiction in the state to use cameras to catch speeders in residential neighborhoods and near schools.

The Safe Speed program will

place cameras in mobile vans at sites around the county where the speed limit is 35 miles an hour or less for a 30-day trial run. Motorists caught on camera will receive a warning, along with a photo of their vehicle and license tag during the trial period, but will not be fined.

After the first month, the county police, along with police departments in Chevy Chase Village, Gaithersburg

and Rockville, will begin issuing \$40 fines and civil citations, which means no points on a driver's record. Officials say they hope the program will pay for itself.

The cameras are the latest effort by the county to try to step up traffic enforcement and protect pedestrians at a time when increasing traffic congestion has made motorists more impatient, officials said. In 2006,

18 pedestrians were killed in traffic accidents in the county, up from 10 pedestrian deaths in 2005.

The cameras had drawn opposition when they were first proposed in Maryland.

MIRANDA S. SPIVAK (THE WASHINGTON POST)

**Slow progress:** Officials say move is not to raise funds, but to promote safer driving. | *Today's Post*, *Metro*

## 2 Commuter Buses Collide; Dozens Injured

WHEATON, MD. | Two commuter buses collided Monday, injuring dozens of passengers, authorities said.



Piringer

The crash happened about 8:30 a.m., said Pete Piringer, a county fire and rescue spokesman. Forty people were taken to hospitals, and dozens were evaluated at the scene.

One person suffered broken bones and the rest were being evaluated for bruises and other minor injuries, Piringer said.

Metro spokesman Steven Taubenkibel said a RideOn bus rear-ended a Metrobus, which was loading and unloading passengers. (AP)

## The Lotteries

Monday, March 12

### DISTRICT

|                       |                       |
|-----------------------|-----------------------|
| Mid-day Lucky Numbers | 8-1-8                 |
| Evening Lucky Numbers | 7-2-9                 |
| Mid-day DC 4          | 4-4-1-5               |
| Evening DC 4          | 3-9-6-1               |
| Rolling Cash Five     | 29-34-20-7-22         |
| Daily 6               | 30-35-20-33-32-3 (34) |

### MARYLAND

|                |                     |
|----------------|---------------------|
| Mid-day Pick 3 | 3-0-6               |
| Evening Pick 3 | 4-1-1               |
| Mid-day Pick 4 | 4-5-2-4             |
| Evening Pick 4 | 7-9-0-3             |
| Match 5        | 11-17-31-35-36 (24) |

### VIRGINIA

|                |               |
|----------------|---------------|
| Mid-day Pick 3 | 6-5-7         |
| Mid-day Pick 4 | 0-9-3-1       |
| Mid-day Cash 5 | 3-10-11-19-20 |

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office.

## Fatal Hostage Event Is Remembered

### Wilson Building's press room renamed for slain reporter

WASHINGTON | Officials marked the 30th anniversary of the end of the Hanafi Muslim hostage incident Monday.

In March of 1977, 12 gunmen held about 150 people hostage at three locations for 39 hours as they made religious and political demands. The hostages were taken at the B'nai B'rith International Center and the Islamic Center, in Northwest and the District Building downtown.

A WHUR reporter was shot and killed as he got off an eleva-



A memorial to Maurice Williams stands in the newly renamed press room Monday.

tor at the Wilson Building in the early moments of the incident. On Monday, two plaques were unveiled recounting the events and renaming the building's fifth-floor press room

in honor of Maurice Williams.

Councilman Marion Barry, who was shot during the incident, joined current and former city officials at the dedication ceremonies. (AP)



## Slow Metabolism? Need to lose weight but can't?

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Carol lost 56 pounds

**Look at our results:**



Jo Ann lost 58 pounds

## Are you bothered by the pain and urgency of Irritable Bowel Syndrome?

Washington Gastroenterology is currently in search of female volunteers for a research study testing an investigational medication for the treatment of Irritable Bowel Syndrome and associated diarrhea.

Qualified study participants must be at least 18 years of age and otherwise healthy. IF you are eligible to participate, all laboratory and professional services for this research study are provided at no cost to you. You may also be compensated for your time and travel.

For more information, please call Drs. Bashir, Salcedo and Shocket at 202-722-1171.

## MEGA MILLIONS

DRAWINGS TUESDAY AND FRIDAY

# \$19

# MILLION

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## Sleep and Weight Study



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- Approximately 7 short visits within approximately 12 months.
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- Compensation for participation.
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Please call 1-800-411-1222 TTY 1-866-411-1010

Refer to study number 06-DK-0036

<http://clinicaltrials.gov>



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Comprehensive NeuroScience is participating in a nationwide clinical research study for generalized anxiety disorder (GAD). This clinical research study is evaluating the safety and effectiveness of an investigational medication for GAD.

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- Are at least 18 years of age
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- Are almost always expecting the worst;

You might be eligible to participate in this research trial. Qualified participants will receive study-related medical care including health assessments, lab tests, and study medication at no cost. All information is kept confidential.

For more information contact Anne Marie at

703-998-5850 or toll free, 1-877-806-0101

[www.cnswebsite.com](http://www.cnswebsite.com)

## Money

# Banks Soup Up Web Tools

## Online offerings aim to help track spending and manage accounts

Consumers looking to better manage their saving and spending can find a slew of new tools at their bank's Web site.

Banks are now offering the type of tools once only available through software programs. For little or no cost, consumers can, among other things, track their spending in different categories and from different sources in one place, create budgets and get e-mail alerts when they are close to or have exceeded their targets, pay bills, share account access with third parties and even store important documents online.

Financial institutions, which are

under pressure to boost deposits, see the new tools as a way to entice customers to spend more time at their sites and bring in more assets — especially amid their propensity to conduct more of their financial transactions online.

Banks have attempted to offer personal financial management online in the past with so-called account-aggregation programs — which allow users to view balances and other details of bank, mutual-fund, brokerage, 401(k) and other accounts on a single screen.

While these programs have met with mixed success — Citigroup Inc.'s Citibank and Wells Fargo & Co. dropped their services in recent years, citing low usage — some banks are now using them as the base for their souped-up tools.

In January, Bank of America Corp. rolled out a money-management tool that is available free through My Portfolio, the bank's account-aggregation service, which is part of its online banking.

Consumers enter user names and passwords for their financial accounts — including those outside of Bank of America — and the bank's account-aggregation service will pull in information and balances from those accounts. The tool will then automatically categorize expenses across those accounts based on merchant codes associated with the transactions.

"This puts their financial life on autopilot," says Sanjay Gupta, an e-commerce executive at Bank of America.

JANE J. KIM (THE WALL STREET JOURNAL)

## Ford Selling Stake in Aston Martin

DETROIT | Ford Motor Co. is selling a controlling stake in Aston Martin, creator of exotic \$100,000-plus sports cars made famous in James Bond movies.

Aston Martin now will be run by a consortium of investors, including racing mogul David Richards, car collector John Sindors and the Kuwaiti companies Investment Dar and Adeem Investment Co.



Ford Motor Co. will receive \$848 million for its controlling stake in Aston Martin.

Ford officials announced the sale Monday at Aston Martin's headquarters in Gaydon, England. Ford will receive \$848 million and retain a \$77 million stake in the company. The companies placed the total value of the deal at \$925 million.

Dearborn, Mich.-based Ford, which lost \$12.7 billion last year and expects red ink to continue until 2009, put Aston Martin up for sale last August. (AP)

## Market Action

### New York Stock Exchange

#### Gainers

| STOCK     | LAST  | DAILY CHANGE | DAILY PERCENT CHANGE |
|-----------|-------|--------------|----------------------|
| DollarG   | 21.07 | +4.29        | +25.6                |
| SierraHS  | 41.57 | +5.67        | +15.8                |
| Calgon If | 7.36  | +61          | +9.0                 |
| MortonsR  | 19.30 | +1.39        | +7.8                 |
| NtwkEq    | 8.37  | +58          | +7.4                 |

#### Losers

|           |       |       |       |
|-----------|-------|-------|-------|
| NovaStar  | 4.24  | -1.00 | -19.1 |
| SFeEnTr   | 23.63 | -5.31 | -18.3 |
| Fremont   | 6.73  | -1.30 | -16.2 |
| HomeBanc  | 2.21  | -.39  | -15.0 |
| SpectBrds | 7.26  | -.95  | -11.6 |

#### Rates

|                 | CURRENT | PREVIOUS WEEK |
|-----------------|---------|---------------|
| Prime Rate      | 8.25    | 8.25          |
| Fed Funds close | 5.25    | 5.25          |
| 3-month disc    | 4.965   | 4.965         |
| 2-year          | 4.61    | 4.53          |
| 10-year         | 4.55    | 4.51          |
| 30-year         | 4.69    | 4.65          |

### NASDAQ Stock Market

#### Gainers

| STOCK    | LAST | DAILY CHANGE | DAILY PERCENT CHANGE |
|----------|------|--------------|----------------------|
| Cimatrn  | 3.04 | +1.64        | +117.1               |
| LaJollPh | 7.70 | +1.79        | +30.3                |
| AdolorCp | 8.60 | +1.78        | +26.1                |
| Lumera   | 4.54 | +.89         | +24.4                |
| Iomai    | 4.96 | +0.4         | +0.8                 |

#### Losers

|            |       |       |       |
|------------|-------|-------|-------|
| AccHme     | 11.40 | -4.38 | -27.8 |
| DigitMus   | 4.62  | -.95  | -17.1 |
| HseTaylor  | 3.44  | -.32  | -8.5  |
| PizzaInn h | 2.02  | -.18  | -8.0  |
| VeriChip n | 4.86  | -.42  | -8.0  |

#### Currency (Dollars in foreign currency)

|                  | TODAY   | PREVIOUS DAY | YEAR AGO |
|------------------|---------|--------------|----------|
| British Pound    | .5176   | .5177        | .5793    |
| Canadian Dollar  | 1.1706  | 1.1723       | 1.1607   |
| European Euro    | .7583   | .7625        | .8396    |
| Japanese Yen     | 117.61  | 118.15       | 118.99   |
| Mexican Peso     | 11.1220 | 11.1400      | 10.7020  |
| Taiwanese Dollar | 32.99   | 33.00        | 32.46    |

| DOW      | NASDAQ  | S&P 500 |
|----------|---------|---------|
| +42.30   | +14.74  | +3.75   |
| +0.34    | +0.62   | +0.27   |
| 12318.62 | 2402.29 | 1406.60 |

### Biotech Stocks

| STOCK     | LAST  | DAILY CHANGE | YEAR TO DATE PERCENT CHANGE |
|-----------|-------|--------------|-----------------------------|
| Amgen     | 60.68 | -.18         | -11.2                       |
| Amylin    | 38.01 | +.88         | +5.4                        |
| BiogenIdc | 44.09 | +.79         | -10.4                       |
| Celgene   | 51.87 | +.71         | -9.8                        |
| ChRvLab   | 44.73 | +.12         | +3.4                        |
| GenProbe  | 48.45 | +.13         | -7.5                        |
| Genentch  | 81.50 | -.08         | +5                          |
| Genzyme   | 60.32 | +.17         | -2.0                        |
| GileadSci | 70.82 | +.56         | +9.1                        |
| Imclone   | 29.46 | +.40         | +10.1                       |
| Invitrogn | 62.36 | +.30         | +10.2                       |
| MedImun   | 31.50 | -.16         | -2.7                        |
| MillPhar  | 10.83 | +.19         | -.6                         |
| QIAGEN    | 16.44 | +.25         | +8.7                        |
| VertxPh   | 30.40 | +1.11        | -18.8                       |

**BUCKED FROM THE TOP SPOT:** A day after getting the second overall No. 1 seed in the NCAA tournament, Ohio State finished the year ranked No. 1 overall in the last AP poll. Florida, which got the overall top seed, was ranked third. Both the Gators and the Buckeyes were in the top 10 all season.



## Sports

# Hoyas Start With Basic Training

Georgetown will face Belmont in round 1, but who is Belmont?

**HOYAS HOOPS** | Georgetown's scouting report on Belmont will have to start with rudimentary questions.

Like, does anyone know where Belmont is?

"I really don't," Big East Player of the Year Jeff Green said. "It's probably in Pennsylvania somewhere?"

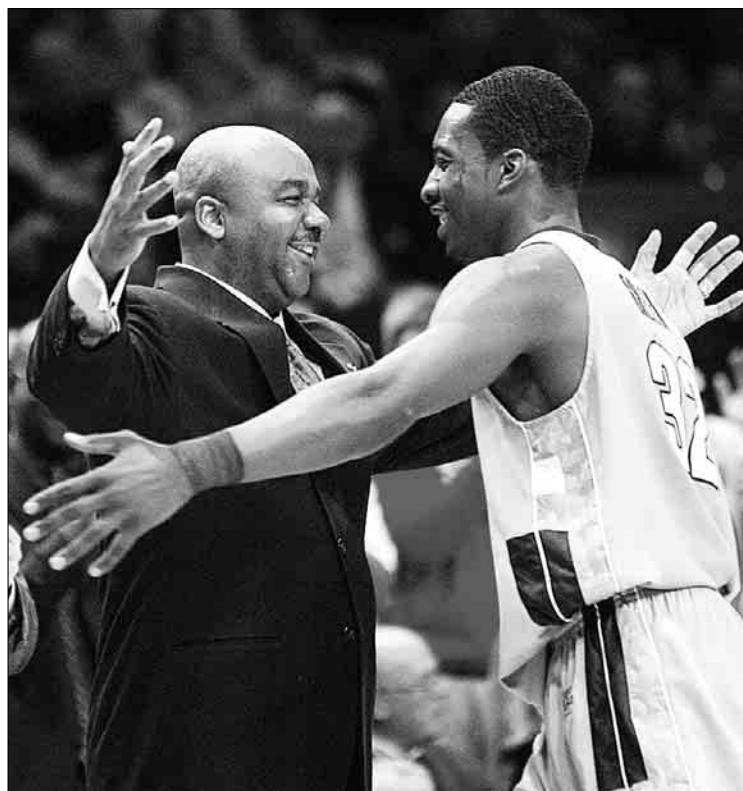
Nope. Try Tennessee.

"Oh," Green said. "Wasn't close."

The lessons on the Hoyas' NCAA tournament first-round opponent began in earnest Monday at practice. Georgetown (26-6), a No. 2 seed, will play 15th-seeded Belmont (23-9) on Thursday in Winston-Salem, N.C.

The Bruins beat East Tennessee State this month to win the Atlantic Sun tournament for the second straight year.

Georgetown coach John Thompson III said he saw part of that game on television, at least enough to realize that Belmont can be a serious threat when the 3-pointers start to



Coach John Thompson III, left, and his star Jeff Green embrace after the Hoyas wrapped up their Big East tournament title and secured themselves a No. 2 seed.

fall. The Bruins hit 12 in the first half against ETSU.

"They can put five shooters on the floor," Thompson said. "They

can spread you out and make shots. They are a balanced team."

Still, very few brackets outside of Music City will have George-

### THE BELMONT FILES

A quick glance at Belmont might help the Hoyas learn some basic facts about the school:

→ Belmont is a small university in Nashville, Tenn.

→ It is best known for its music program, whose students have included country stars Brad Paisley, Trisha Yearwood and Lee Ann Womack.

→ Its nickname is the Bruins.

town leaving the tournament after the first round, and many will have the Hoyas going far. During Sunday's selection show, CBS' analysts were predicting an easy road for Thompson's team, the last thing the coach wanted to hear as he watched with his players.

Thompson quickly called such speculation "irrelevant," and his players soon echoed the coach's message. Green, who didn't know where Belmont was, nevertheless said the first game was going to be tough because the Bruins "have a pretty good team."

"We've got to be ready to play on Thursday and not worry what CBS has to say," Green said. (AP)

## Swengali

COLLEGE HOOPS | BY MATT SWENSON

### Hoyas, Gators Are Final Bets

**BEFORE THE BRACKETS** were announced, two teams were already on my radar screen as Final Four picks: Georgetown and Texas.

Then the wonderful committee decided to make me choose by placing both in the East. And, yes, Texas will oust North Carolina — the second No. 1 seed out, following Kansas' lost to Kentucky — but the Hoyas are the pick.

This isn't a case of being a homer, either — that's Maryland advancing to the Sweet 16. Georgetown plays a very steady game.

The team is on a hot streak, having won 15 of its past 16 games, but there is nothing streaky about it. The Hoyas always play good defense

**The big boys will be left standing — namely Roy Hibbert ... and Florida's Joakim Noah.**

# Boeheim Urges Tourney Expansion

Syracuse coach isn't the only one who wants more teams included

**COLLEGE HOOPS** | Syracuse coach Jim Boeheim has plenty of support from Big 12 coaches for expanding the NCAA tournament.

Boeheim, a longtime proponent of including more teams, was surprised Sunday when the Orange was snubbed by the selection committee. That brought another round of calls from coaches Monday to expand the tournament to at least 68 teams, if not more.

"If the field is designed to get the best 64 teams in — if that was the design — then from that standpoint, you'd think it needs to be modified," Kansas coach Bill Self said.

Expanding-the-tournament talk



Syracuse's Jim Boeheim is one of the most adamant supporters of expansion.

usually bridges the gap between selection Sunday and the start of the NCAA tournament Thursday. It's the rallying cry of every fan whose team was passed over and every coach whose job security is measured by postseason appearances.

Expansion has been slow, though. The last major move came in 1985, when the field increased to 64 from 53 teams. The NCAA added a play-in game in 2001, when the number of automatic bids increased by one.

Also, open spots have become harder to earn, with more and more programs joining Division I.

Since 1985, the number of Division I teams has grown to 336 from 282. The increase has been most pronounced since 1993, when scholarship cuts spread talent around and created even more parity.

Last year, mid-majors excelled,

with George Mason reaching the Final Four and Bradley and Wichita State making the final 16. Those berths came at the expense of heavy-weight conferences such as the ACC and Big 12.

"There's just so many good teams these days and so many good players," Texas A&M coach Billy Gillispie said after his team received an at-large bid. "I don't know the perfect number, but I definitely think we should expand."

Last June, the NCAA men's basketball committee rejected a proposal by several coaches to nearly double the size of the field to 128, calling the expansion unnecessary. It also voted down an offer to increase the number of opening-round games in Dayton, Ohio.

DAVE SKRETTA (AP)

**Look around:** For a complete breakdown of the teams in the women's bracket, pick up **Today's Post, Sports**

and have proven they can score 80 when needed or pull out defensive struggles. Flexibility like that makes you a tough out.

Joining Georgetown in Atlanta will be Texas A&M and last year's finalists: Florida and UCLA.

You want upsets? Arkansas over USC; Winthrop past Notre Dame; VCU over Duke; Gonzaga topping Indiana; Georgia Tech winning against UNLV; and Old Dominion beating struggling Butler. And, of course, Creighton over Memphis in the second round.

But the big boys will be left standing at the end — namely, Roy Hibbert and Jeff Green from Georgetown and Florida's Joakim Noah.

The Gators beat the Hoyas in the Sweet 16 last year, and will win again in the final, 78-70.

To reach Matt Swenson, e-mail [matt.swenson@readexpress.com](mailto:matt.swenson@readexpress.com)



## Sports

**KNICK OF TIME:** The Knicks are sticking with Isiah Thomas, giving the coach a multi-year contract extension nine months after chairman James Dolan said Thomas would need to show marked improvement to keep his job. The injury-plagued Knicks have moved into the East's eighth playoff spot.



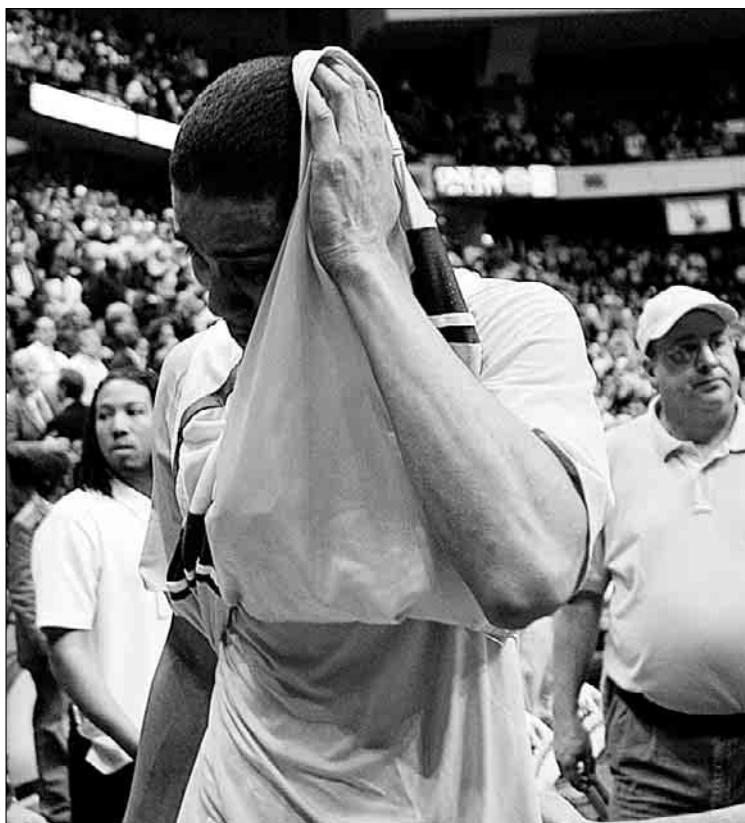
# George Mason's Season Ends Early

One year after special tourney run, Patriots can't muster NIT bid

**PATRIOTS HOOPS** | Everyone's favorite underdog in 2006 received no special favors in 2007. A year after an amazing run to the Final Four of the NCAA tournament, George Mason isn't even considered worthy of the NIT.

The Patriots (18-15) are done for the season, having been left out of the 32-team NIT field announced Sunday night. Hopes for a return to the NCAA tournament ended when George Mason lost to Virginia Commonwealth in the final of the Colonial Athletic Association tournament earlier this month, but coach Jim Larranaga was hoping his team's late run would be enough to impress the second-tier tournament.

"I'm disappointed only in a sense that I would have liked to have kept playing," he said. "And I think our team was finally playing at the level that we hoped to reach much earlier



George Mason senior Gabe Norwood walks off the court after losing to Virginia Commonwealth 65-59 in the CAA tournament final, ending the Patriots' season.

in the year. I'm not disappointed in the [selection] committee or anything. I was more hopeful that we could keep playing, because we were playing so well at the end."

Larranaga conceded, however, that his team really didn't have much of a case. The Patriots finished tied for fifth in the CAA regular season with a 9-9 record, ending an eight-year streak in which the school had won 10 games or more.

And, unlike last season, when George Mason became the first CAA school since the 1980s to receive an NCAA at-large bid, this year's Patriots had few impressive wins and some ugly losses on their resume. Even with the three-game winning streak in the CAA tournament, the Patriots could only muster an RPI of 121.

"Once Drexel wasn't invited in the NCAA tournament, it would be clear they would be invited to the NIT, along with Hofstra," Larranaga said. "They already have two CAA teams in there; they were not likely to invite a third." JOSEPH WHITE (AP)

## Duke Heads Into Tournament as AP's No. 1 Team

**WOMEN'S COLLEGE HOOPS** | The Blue Devils led the final AP women's basketball poll on Monday, receiving 46 of 50 first-place votes from a national media panel. Duke also was No. 1 in the final poll of the 2003-04 season but didn't make it to the Final Four, losing to Minnesota in the regional finals.

Duke (30-1) didn't lose until falling to N.C. State in the semifinals of the ACC tournament.

Before that, Duke beat No. 2 North Carolina twice, won at No. 3 Tennessee, beat defending national champion and No. 6 Maryland twice, and had wins over No. 8 Vanderbilt, No. 16 Rutgers and No. 20 Bowling Green. (AP)



**LATE START:** The NCAA women's bracket was announced after Express' deadline. For analysis and a look at the complete bracket, see Wednesday's Express.

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The amount, in thousands of dollars, donated by Suns guard Jalen Rose toward an operating room at the Biamba Marie Mutombo Hospital in the Democratic Republic of Congo. The 300-bed hospital is funded by the Rockets' Dikembe Mutombo.

## Sports

# Play-in Game for the Disrespected

## Florida A&M, Niagara battle to avoid title of tournament's worst

**NCAA TOURNAMENT** | It's a game no NCAA tournament team believes it should be in — the play-in game that fills out the field of 64.

This year, Florida A&M and Niagara are feeling insulted they have to play Tuesday night for a chance to take on Kansas, the top seed in the West Regional, on Friday in Chicago.

"If we're the 65th-best team in this tournament this year, that

surprises me," Florida A&M coach Mike Gillespie said Monday of his Mid-Eastern Athletic Conference tournament champions. "I don't think that's possible."

Niagara, meanwhile, took its cue from coach Joe Mihalich, who said Sunday night: "Let me be diplomatic here: I'm confused."

"We feel disrespected," Niagara forward Charron Fisher said. "I'm sure you'll be able to see when we play on Tuesday how disrespected we feel."

Florida A&M brings a 21-13 record into the game after beating Delaware State in the MEAC



GERRY BROOME/AP

title game, while Niagara (22-11) beat Siena in the Metro Atlantic Athletic Conference title game for its 11th straight victory.

This is the second time the Rattlers have been tossed into the play-in game. In 2004, Gillespie coached Florida A&M to a win over Lehigh to earn a No. 16 seed before losing to Kentucky, 96-76.

Florida A&M doesn't have much time to get ready for the game. After winning to league title Saturday night in Raleigh, N.C., the team

arrived at the hotel at 11 p.m., and then got a 3:30 a.m. wake-up call Sunday for the trip back to Tallahassee. By 7 a.m. Monday, the team was on a plane bound for Dayton.

"We didn't even have a chance to unpack and do our laundry," Gillespie said. "We didn't get a chance to walk on campus today and let those young men receive the accolades."

Still, he said his team is going to try to make the most of it.

"But whichever team loses tomorrow," he said, "I think you feel cheated about the whole atmosphere of the tournament."

JAMES HANNAH (AP)

Florida A&M's Brian Greene celebrates after hitting the game-winning basket against Delaware State in the Mid-Eastern Athletic Conference tournament on Saturday.



JULIE JACOBSON/AP

Shawn Hill, who is vying for one of the Nationals' four available starting pitcher spots, allowed one run in four innings on Monday.

## Hill Delivers Again in Win Over Mets

### Righty is not pleased with his control in an impressive 4 innings

**NATIONALS** | For a guy who is pitching his way into a major league rotation, Shawn Hill sure is tough on himself.

The 25-year-old Washington Nationals right-hander posted his third quality start of spring training Monday in a 9-6 win against the New York Mets at Space Coast Stadium. Hill allowed one run in

four innings, striking out one and walking none.

"The only thing I was a little upset with was my control," said Hill, vying for one of four open spots in the Nationals' rotation. "I didn't walk anybody, but my command really wasn't where I like it to be. I was struggling to throw quality strikes instead of just throwing over the plate."

After giving up a triple to Jose Reyes to start the game, Hill yielded just four singles, allowing only one batter to reach second base.

"I thought he did a tremendous job," Washington manager Manny Acta said. "I hope he can get those results during the season without having his command. He was real good and he gave us a chance to stay in the game against that great lineup that they have."

Hill missed all of 2005 after having Tommy John surgery. He made six starts for Washington last season, going 1-3 with a 4.66 ERA.

Zimmerman went 3-for-3 with a home run and two doubles, raising his average to .455 this spring. (AP)

## Study Shows Buckeyes Lacking at Graduation

**COLLEGE HOOPS** | Just 10 percent of Ohio State's basketball players received degrees at the school, according to a study that examined the freshman classes entering from 1996-99.

Taking into account players who transfer, enter from junior colleges and graduate late, 38 percent of Buckeye basketball players earned degrees during that period, Richard Lapchick, director of the Uni-

versity of Central Florida's Institute for Diversity and Ethics in Sports, said Monday.

"The supposed Final Four, the top seeds are a real disparity there. Two of the schools, Florida and North Carolina, have really good graduation rates, and Kansas and Ohio State don't have such good graduation rates," Lapchick said. "That's certainly an issue."

RONALD BLUM (AP)

## Redskins Re-Sign Backup Boschetti

**REDSKINS** | The Washington Redskins re-signed backup defensive lineman Ryan Boschetti on Monday.

Boschetti played in only two games last season and was on the inactive list for 13. He was cut in early December so the Redskins

could have two kickers available for the game against Atlanta and then was re-signed two days later.

Boschetti joined the Redskins as an undrafted rookie from UCLA in 2004. He has played in 18 games with one start. (AP)

### TODAY'S TV LINEUP

**COLLEGE HOOPS (7 P.M. ON ESPN2 AND 9:30 P.M. ON ESPN)** The teams that didn't make the tourney don't have long to sulk. The NIT's first round gets under way in earnest with three televised games.

**COLLEGE HOOPS (7:30 P.M. ON ESPN)** Florida A&M and Niagara get the NCAA tour-

namment started with Tuesday's play-in game. The winner gets to play Kansas in the first round.

**HOCKEY (7:30 P.M. AND 10:30 P.M. ON VERSUS)** Buffalo is at Pittsburgh to play the Penguins and Chicago is at San Jose to play the Sharks in NHL action.



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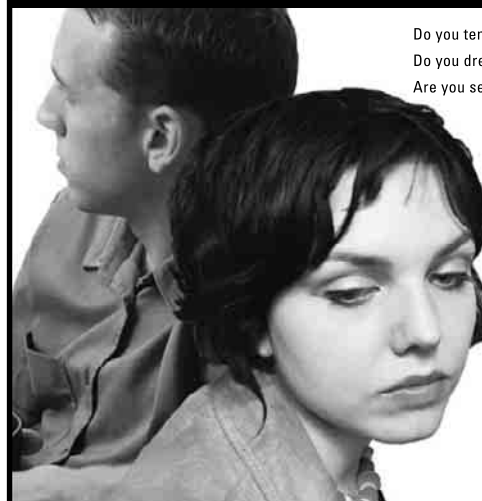
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# Entertainment



**BLAZING SADDLES:** Eddie Murphy and comedian Katt Williams, fresh off of "Norbit," will re-team for "Marshals," a story about the first black marshals in the Old West. Williams will write and co-star; Murphy will produce and co-star.

# No More 'Pootie Tang'

**Chris Rock's new film leans on art-comedies, not gross-out flicks**

**MORE DRAMA** | In Chris Rock's new film, he plays a mustachioed, bespectacled banker. He's often funny, but just as often serious and self-examining. It's a realistic film adapted from the 1972 French classic "Chloe in the Afternoon."

In short, it's a long way from "Pootie Tang."

Rock's brilliant stand-up act has always been grounded firmly in reality. "I Think I Love My Wife" draws from his stand-up material, which has often dealt with relationships and a reluctant acceptance of married life.

"Those are the choices in life: You can be married and bored or single and lonely," Rock said in his 2004 HBO special "Never Scared." "Ain't no happiness nowhere."

In "I Think I Love My Wife," Rock plays a married man with children whose fidelity is tested when an attractive old acquaintance begins dropping by his office (Kerry Washington). There are definite gags, but much of the basic plot is taken from Eric Rohmer's movie — one of his six moral tales.

"I know it sounds silly. People are



**I THINK I LOVE YOU — SO WHAT AM I SO AFRAID OF?** Chris Rock's filmography has been hit or miss — mostly miss — but he's looking to start over with his new movie.

like, 'Chris Rock and Eric Rohmer?' But if you study his movies and then you study my stand-up, they kind of go together," he said.

Rock co-wrote the script with his friend and frequent collaborator, comedian Louis C.K., who has honed an act known for its ruthless

honesty about married life. Louis C.K. believes this is a new direction for Rock.

"I do think there are people that will go, 'Why is Chris Rock doing that?'" he said. "But it's actually a lot closer to who he is as a person and as an artist than any other film he's made before. People who are always expecting big [Adam] Sandler-like comedies out of him — they're barking up the wrong tree. That's not true to his voice."

Rock has long spoken of his deep admiration for another Brooklyn stand-up turned filmmaker: Woody Allen.

Rock used Allen's "Hannah and Her Sisters" as a reference, but acknowledges his film is "so not on his level."

Of his identification with Allen, Rock said: "I'm a nerd. I'm a little guy ... the last guy you'd expect in a romantic movie."

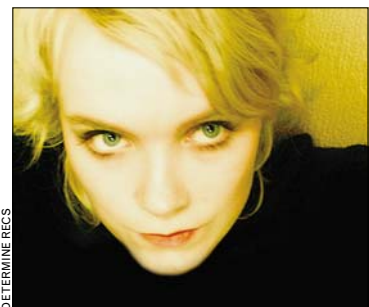
The "Saturday Night Live" alumnus has played several dramatic supporting roles in the past ("Nurse Betty," "New Jack City"), but it's clear Rock believes "I Think I Love My Wife" opens a new chapter for him.

"I don't see myself writing any other movies that aren't in this kind of tone, this real tone," he said. "You live and you learn. You grow."

JAKE COYLE (AP)

## Today's Top Stops

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### ANE BRUN Scandinavian Blues

While a folksy at heart, Norway-born, Sweden-residing singer-songwriter Ane Brun is the anti-DiFranco. Brun has an artful, almost detached way of singing, which imbues her mostly depressing lyrics with power rather than self-pity. Imagine an English-folk-loving Billie Holiday.

→ *House of Sweden*, 901 30th St. NW; Tue., 6:45 p.m. doors, \$5; 202-467-2643. (Foggy Bottom-GWU)

To read our interview with Ane Brun, visit [readexpress.com](http://readexpress.com)

### RUSSELL BONDS War Choo-Choo



In "Stealing the General," author Russell Bonds tells the tale of the dramatic 1862 Southern train abduction by the Union Army.

→ *Olsson's*, 106 S. Union St., Alexandria; Tues., 7 p.m., free; 703-684-0077.

### 'DELWENDE' French African Film

"Delwende" investigates traditional practices in the tiny West African country of Burkina Faso and their effects on women — in this case, what happens when a woman is accused of being a witch and having "eaten the soul" of her child.

→ *Hirshhorn Museum*, 7th Street and Independence Avenue SW; Tues., 7 p.m., \$13; 202-252-0012. (L'Enfant Plaza)

### WHAT'S HAPPENING?

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**PAPA VOLT:** Jay Farrar leads his band, Son Volt, on a rich, diverse "Search."

# Looking for Meaning

**'The Search' features great Son Volt songs about, um, something**

**MUSIC** | Son Volt's new CD, "The Search," is about many things, apparently — seeking an AM-FM frequency that swings, for example. "Best to clear the mind with a Mexicali radio station," Jay Farrar sings.

Topics on Son Volt's fifth album include stem cell research, con-

servative cowboys and information overload, or so Farrar says in material promoting the disc. College kids could spend the rest of this semester trying to parse his oblique lyrics.

That would be time well spent, though, because "The Search" warrants close examination.

Son Volt cranked up the guitars and rocked out on its last album, the excellent "Okemah and the Melody of Riot." This time, the sonic canvas is much broader, with echoes

of R.E.M., Derek and the Dominos, Gram Parsons and Emmylou Harris, and classic albums. Farrar dresses up his songs with horns, car-alarm guitar, warbling piano, pedal steel and lovely keyboard washes.

The lyrics can be intriguing, too, with references to guns, heresy, highways and cigarettes. It's just that "The Search" features few characters and little narrative. But the tunes are terrific, whatever they mean. STEVEN WINE (AP)



## Entertainment

# Bully for Them

**'Nineteen Minutes'**  
is a fictional tale of  
real-life tragedies

**BOOK** | In "Nineteen Minutes," Jodi Picoult deftly layers and combines all the elements to relay the fictional tale of a shooting massacre at a high school. The before, the during and the after is all there, and it's not pretty.

Even though such shootings, most notably that at Columbine High School in Littleton, Colo., are now part of the public psyche, Picoult manages to go beyond the cold, sterile statistics that are intoned today when retelling those events. Her book reminds us of the heartbreak and the loss of innocence. It's also breathtaking storytelling by a best-selling writer.

The setting of "Nineteen Minutes" is Sterling, N.H., a wealthy, boring town that's stunned one day when social outcast Peter Houghton kills 10 people at his high school.

Legally, Peter's guilt is never really in doubt. As the tale unfolds, however, it's tough to tell where to put the blame. Peter didn't just occasionally deal with teasing. He faced relentless bullying by students considered kings and queens. He could not win.

Josie Cormier, Peter's onetime



**HIGH SCHOOL HOPELESS:** Picoult's latest book is a incisive look at teenage isolation.

friend who managed to climb the popularity ladder and abandoned him, was one of the last to witness Peter's actions in the school before he was caught. She and her mother, the judge assigned the case, as well as Peter's mother, are major characters through the novel.

The story is not told in a linear way, which adds to its emotional drama. It flips back and forth in

time, describing how friendships unraveled, love grew and anger boiled over. Josie's mom, Alex, and Peter's mom, Lacy, were once friends who had a falling out. Josie's popular boyfriend, Matt, is both a girl's dream and nightmare.

The story climaxes in a riveting courtroom scene, but it's really the smaller moments that add to its vibrance. NAHAL TOOSI (AP)

## Virtual Speed Demons

**GAME NOTES** | People who don't play video games assume that they make the rest of us dumber, fatter and more violent, so it's no surprise that one more survey would link games to dangerous driving. According to the BBC, more than a third of motorists under age 24 said they drive faster after playing



**SURVEY SAYS:** The BBC reports driving games are creating lead feet in Britain.

games such as "Gran Turismo" or "Burnout," and nearly one-quarter said they take more risks. The poll of 1,000 drivers, taken for the

British driving school BSM, seems plausible — I know I become a little lead-footed after a few hours of "Forza Motorsport." But as long as you're not playing while driving, you should be OK.

Meanwhile, last week's release of "Major League Baseball 2K7" for the Xbox looks like a milestone of sorts. It appears to be the last major title to be published for Microsoft's first-generation console, which debuted in 2001. But the old warhorse will probably be best remembered for bringing online play to the masses, via Microsoft's smooth, user-friendly Xbox Live service. It set the standard that other online gaming hubs still haven't met. LOU KESTEN (AP)

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### Thursday, March 15

**7:30 PM: KEYNOTE**  
**Are Religion and Human Rights Complementary or Contradictory?**  
Kenneth Roth  
Executive Director,  
Human Rights Watch

### Friday, March 16

**10:30-12:00 PM**  
**Latin America and Africa**  
Paul Freston, Rogoia Mustafa  
Abusharaf, Alfred Stepan,  
Thomas Banchoff

**1:45-3:15 PM**  
**Islam in Transnational Perspective**  
Riva Kastoryano, Yvonne Haddad,  
Robert Hefner, Paul Heck

**3:45-5:30 PM**  
**Russia and Asia**  
Marjorie Balzer, Pratap Mehta,  
Charles Keyes, David Ownby,  
Robert Wuthnow



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# ASK BETSY

About Student Loans

This column, contributed by American Student Assistance®, a nonprofit that provides student loan borrowers with the education and encouragement they need to successfully manage their debt, is published in the *Express* each month. You can "ask Betsy" questions about applying for student loans, repaying your loans, or what to do if you're having trouble paying your loans back. E-mail your questions to [askbetsydc@amsa.com](mailto:askbetsydc@amsa.com).



### Parents' Information

Dear Betsy,

I am filling out my FAFSA but my parents are no longer involved in paying for any part of my education. Can I leave the questions about their tax information blank?

Thank You,  
Jennifer

Dear Jennifer,

If you are considered an independent student, as defined under the Higher Education Act, then your parents' information is not considered when determining your eligibility for federal financial aid. To be considered an independent, you must meet at least one of the following conditions: you are at least 24 years old; an orphan; a veteran of the military; a graduate student; married; or have dependants of your own. If you do not meet any of these conditions then you must include your parents' information on the FAFSA, regardless of whether they plan to contribute to your education.

Regards,  
Betsy

### Income Tax Refund

Dear Betsy,

I filed my taxes online a few weeks ago and was expecting a big refund that I was going to use to pay off some high interest credit cards. I just received a letter in the mail that says that my tax refund has been "garnished" and sent to my student loan company instead. I never authorized this when I filed my taxes and am having trouble getting through to the company I used to file my return. What can I do?

Sincerely,  
Louis

Dear Louis,

I'm afraid that the answer I have for you is most likely not the news you were hoping for. Based on the information you provided, I'm going to assume that you have federal student loans and that they have defaulted. Unfortunately, if you default on a federal student loan, one of the "tools" that is available to the agency handling the loan is the ability to garnish, or seize, any federal or state income tax refunds that may be due

you. This can occur whether you file your taxes online, send them in the mail, or use a tax preparation service.

It's very unlikely that your loan company will return your refund if you do owe on a defaulted loan. What you may want to do at this point is contact them to make future payment arrangements so that they may decide not to take your refund next year as well. Some companies will continue to take your tax refunds annually until the defaulted loan is rehabilitated, consolidated, or paid in full, but others may be willing to stop this process if the borrower is sticking to an agreed monthly payment amount. If nothing else, making such arrangements may stop your loan company from using some other "tools" they have available in federal student loan collection including wage garnishment and court judgments. It certainly doesn't hurt to have the conversation!

Good Luck,  
Betsy

**Have a question about student loans?**  
Email me at [askbetsydc@amsa.com](mailto:askbetsydc@amsa.com)

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701 Seventh St NW 800-FANDANGO 1721#

**Adv. Tix on Sale** REIGN OVER ME (R) - ID REQ'D ★  
300 (R) - ID REQ'D DIG ★ (1145 1245 145 300) 400 500 630 720 830 945 1025  
ZODIAC (R) - ID REQ'D DIG (1205 100) 330 430 700 800 1030  
BLACK SNAKE MOAN (R) - ID REQ'D DIG (1240) 350 735 1020  
WILD HOGS (PG-13) DIG (1150 225) 455 730 955  
THE NUMBER 23 (R) - ID REQ'D DIG (1205 230) 450 740 1010  
RENO 911: MIAMI (R) - ID REQ'D DIG (1210 215) 420 725 950  
OC & DA: BREACH (PG-13) DIG (235) 1030  
BREACH (PG-13) DIG (1200) 510 750  
BRIDGE TO TERABITHIA (PG) DIG (1155 220) 445 710 930  
GHOST RIDER (PG-13) DIG (120) 410 715 1000  
TYLER PERRY'S DADDY'S LITTLE GIRLS (PG-13) DIG (1230 250) 525 755 1015  
NORBIT (PG-13) DIG (1220 245) 520 805 1035

**BALLSTON COMMON STADIUM 12**  
Glebe Rd, Arlington 800-FANDANGO 377#

**Adv. Tix on Sale** THE LAST MIMZY (PG) ★  
**Adv. Tix on Sale** MEET THE ROBINSONS (G) ★  
300 (R) - ID REQ'D DIG ★ (100 150 215 350 440 505) 640 720 750 930 1000  
BLACK SNAKE MOAN (R) - ID REQ'D DIG (200 500) 745  
AMAZING GRACE (PG) DIG (140 405) 630 855  
RENO 911: MIAMI (R) - ID REQ'D DIG (110 400) 700 950  
AMAZING GRACE (PG) DIG (210 450) 730 1010  
BRIDGE TO TERABITHIA (PG) DIG (130 420) 650 920  
NORBIT (PG-13) DIG (505) 1015  
THE QUEEN (PG-13) DIG (155 430) 705  
PAN'S LABYRINTH (R) - ID REQ'D DIG (135 445) 735 1025  
THE LAST KING OF SCOTLAND (R) - ID REQ'D DIG (115 415) 710 1005  
OC: BECAUSE I SAID SO (PG-13) DIG (230) 740

**BOWIE STADIUM 14**  
15200 Major Lansdale Blvd 800-FANDANGO 454#

**Adv. Tix on Sale** REIGN OVER ME (R) - ID REQ'D ★  
**Adv. Tix on Sale** THE LAST MIMZY (PG) ★  
**Adv. Tix on Sale** MEET THE ROBINSONS (G) ★  
300 (R) - ID REQ'D DIG ★ (100 200 330 400 515) 715 815 1005 1030  
ZODIAC (R) - ID REQ'D DIG (105 455) 830  
BLACK SNAKE MOAN (R) - ID REQ'D DIG (155 500) 755 1050  
WILD HOGS (PG-13) DIG (140 215 435 500) 720 745 945 1015  
AMAZING GRACE (PG) DIG (1245 400) 700 955  
THE NUMBER 23 (R) - ID REQ'D DIG (1230 300 540) 830 1100  
BREACH (PG-13) DIG (135 440) 720 1010  
GHOST RIDER (PG-13) DIG (130 515) 800 1035  
BRIDGE TO TERABITHIA (PG) DIG (1235 300 530) 805 1035  
TYLER PERRY'S DADDY'S LITTLE GIRLS (PG-13) DIG (100 420) 715 945  
NORBIT (PG-13) DIG (115 450) 730 1000  
THE LAST KING OF SCOTLAND (R) - ID REQ'D DIG (1230) 710

**BETHESDA 10**  
7272 Wisconsin Avenue 800-FANDANGO 569#

**Adv. Tix on Sale** REIGN OVER ME (R) - ID REQ'D ★  
**Adv. Tix on Sale** THE LAST MIMZY (PG) ★  
**Adv. Tix on Sale** MEET THE ROBINSONS (G) ★  
300 (R) - ID REQ'D DIG ★ (1230 100 330 400) 700 730 945 1015  
BLACK SNAKE MOAN (R) - ID REQ'D DIG (1230 415) 700 955  
WILD HOGS (PG-13) DIG (1245 330) 715 945  
THE NUMBER 23 (R) - ID REQ'D DIG (115 430) 800 1015  
RENO 911: MIAMI (R) - ID REQ'D DIG (415) 745 950  
THE ASTRONAUT FARMER (PG) DIG (115)  
BREACH (PG-13) DIG (130 430) 745 1020  
GHOST RIDER (PG-13) DIG (1245 345) 715 1005  
BRIDGE TO TERABITHIA (PG) DIG (130 400) 645 910  
MUSIC AND LYRICS (PG-13) DIG (100 345) 730 1000

**POTOMAC YARD STADIUM 16**  
3575 Jefferson Davis Hwy 800-FANDANGO 690#

**Adv. Tix on Sale** REIGN OVER ME (R) - ID REQ'D ★  
**Adv. Tix on Sale** THE LAST MIMZY (PG) ★  
**Adv. Tix on Sale** MEET THE ROBINSONS 3D (G) ★  
300 - DIGITAL PROJECTION (R) - ID REQ'D DIG ★ (110 405) 700 955  
300 (R) - ID REQ'D DIG ★ (140 205 335 435 505) 630 730 800 925 1025  
ZODIAC (R) - ID REQ'D DIG (300 330) 640 710 1010 1040  
WILD HOGS (PG-13) DIG (130 200 415 445) 645 715 915 945  
BLACK SNAKE MOAN (R) - ID REQ'D DIG (150 450) 745 1035  
THE NUMBER 23 (R) - ID REQ'D DIG (210 440) 705 935  
RENO 911: MIAMI (R) - ID REQ'D DIG (510) 1020  
GHOST RIDER (PG-13) DIG (215 455) 735 1015  
BREACH (PG-13) DIG (145) 720  
BRIDGE TO TERABITHIA (PG) DIG (100 340) 620 850  
TYLER PERRY'S DADDY'S LITTLE GIRLS (PG-13) DIG (135 400) 625 900  
MUSIC AND LYRICS (PG-13) DIG (240) 740  
NORBIT (PG-13) DIG (125 400) 635 910  
OC & DA: BREACH (PG-13) DIG (425) 1000

**COUNTRYSIDE STADIUM 20**  
45980 Regal Plaza 800-FANDANGO 394#

**Adv. Tix on Sale** REIGN OVER ME (R) - ID REQ'D ★  
**Adv. Tix on Sale** THE LAST MIMZY (PG) ★  
**Adv. Tix on Sale** MEET THE ROBINSONS (G) ★  
**Adv. Tix on Sale** MEET THE ROBINSONS 3D (G) ★  
300 (R) - ID REQ'D DIG ★ (1130 1230 150 230 330 440 530) 630 730 830 930 1020  
300 - DIGITAL PROJECTION (R) - ID REQ'D DIG ★ (100 400) 700 1000  
ZODIAC (R) - ID REQ'D DIG (110 210 420 520) 750 850  
BLACK SNAKE MOAN (R) - ID REQ'D DIG (130 410) 710 1010  
WILD HOGS (PG-13) DIG (1120 1220 140 250 450 550) 740 840 1025  
THE NUMBER 23 (R) - ID REQ'D DIG (1140 220 510) 800 1035  
RENO 911: MIAMI (R) - ID REQ'D DIG (1150 240 540) 810 1035  
THE ASTRONAUT FARMER (PG) DIG (340) 640  
AMAZING GRACE (PG) DIG (1250 350) 650 950  
OC & DA: BREACH (PG-13) DIG (320) 945  
BREACH (PG-13) DIG (1215) 655  
GHOST RIDER (PG-13) DIG (1125 200 430) 715 1015  
BRIDGE TO TERABITHIA (PG) DIG (1210 310) 620 900  
MUSIC AND LYRICS (PG-13) DIG (120 345) 645 915  
NORBIT (PG-13) DIG (1245 315) 625 910  
THE QUEEN (PG-13) DIG (1240) 920  
NIGHT AT THE MUSEUM (PG) DIG (1200 300)  
THE LAST KING OF SCOTLAND (R) - ID REQ'D DIG 635 940

**BOWIE STADIUM 14**  
15200 Major Lansdale Blvd 800-FANDANGO 454#

**Adv. Tix on Sale** REIGN OVER ME (R) - ID REQ'D ★  
**Adv. Tix on Sale** THE LAST MIMZY (PG) ★  
**Adv. Tix on Sale** MEET THE ROBINSONS (G) ★  
300 (R) - ID REQ'D DIG ★ (100 200 330 400 515) 715 815 1005 1030  
ZODIAC (R) - ID REQ'D DIG (105 455) 830  
BLACK SNAKE MOAN (R) - ID REQ'D DIG (155 500) 755 1050  
WILD HOGS (PG-13) DIG (140 215 435 500) 720 745 945 1015  
AMAZING GRACE (PG) DIG (1245 400) 700 955  
THE NUMBER 23 (R) - ID REQ'D DIG (1230 300 540) 830 1100  
BREACH (PG-13) DIG (135 440) 720 1010  
GHOST RIDER (PG-13) DIG (130 515) 800 1035  
BRIDGE TO TERABITHIA (PG) DIG (1235 300 530) 805 1035  
TYLER PERRY'S DADDY'S LITTLE GIRLS (PG-13) DIG (100 420) 715 945  
NORBIT (PG-13) DIG (115 450) 730 1000  
THE LAST KING OF SCOTLAND (R) - ID REQ'D DIG (1230) 710

**ROCKVILLE CENTER STADIUM 13**  
Rockville Town Center 800-FANDANGO 248#

**Adv. Tix on Sale** REIGN OVER ME (R) - ID REQ'D ★  
**Adv. Tix on Sale** THE LAST MIMZY (PG) ★  
300 (R) - ID REQ'D DIG ★ (130 200 230 430 500 530) 730 800 830 1030  
ZODIAC (R) - ID REQ'D DIG (130 530) 830  
BLACK SNAKE MOAN (R) - ID REQ'D DIG (215 515) 815  
WILD HOGS (PG-13) DIG (115 415) 715 945  
RENO 911: MIAMI (R) - ID REQ'D DIG (615) 1000  
AMAZING GRACE (PG) DIG (100 400) 700 945  
BREACH (PG-13) DIG (145 445) 745 1015  
GHOST RIDER (PG-13) DIG (200 500) 800 1030  
BRIDGE TO TERABITHIA (PG) DIG (100 400) 700 930  
MUSIC AND LYRICS (PG-13) DIG (115) 715  
NORBIT (PG-13) DIG (415) 930  
THE LAST KING OF SCOTLAND (R) - ID REQ'D DIG (145 445) 730 1015  
OC: BECAUSE I SAID SO (PG-13) DIG (215) 745

Times For 3/13/07 Daily Bargain Matinees In ( )

OC= Open Captioned DA= Descriptive Audio Available

**FAIRFAX TOWNE CENTER 10**  
4110 W Ox Road 800-FANDANGO 670#

**Adv. Tix on Sale** THE LAST MIMZY (PG) ★  
THE HOST (R) - ID REQ'D DIG (145 440) 735 1020  
WILD HOGS (PG-13) DIG (110 150 350 430) 700 740 930 1010  
BREACH (PG-13) DIG (100 140 340 420) 650 730 920 1000  
AMAZING GRACE (PG) DIG (120 415) 725 1005  
GHOST RIDER (PG-13) DIG (200 435) 745 1015  
PAN'S LABYRINTH (R) - ID REQ'D DIG (130 410) 715 955  
THE LAST KING OF SCOTLAND (R) - ID REQ'D DIG (105 400) 645 940  
THE ASTRONAUT FARMER (PG) DIG (125 405) 705 945

**GERMANTOWN STADIUM 14**  
20000 Century Blvd 800-FANDANGO 455#

**Adv. Tix on Sale** REIGN OVER ME (R) - ID REQ'D ★  
**Adv. Tix on Sale** THE LAST MIMZY (PG) ★  
**Adv. Tix on Sale** MEET THE ROBINSONS (G) ★  
300 (R) - ID REQ'D DIG ★ (1230 100 230 400 445 530) 700 745 830 1000 1045  
WILD HOGS (PG-13) DIG (100 200 430 515) 715 800 1000 1030  
ZODIAC (R) - ID REQ'D DIG (1220 230) 645 945 1030  
AMAZING GRACE (PG) DIG (1245 350) 700 950  
BLACK SNAKE MOAN (R) - ID REQ'D DIG (115 500) 745 1040  
THE NUMBER 23 (R) - ID REQ'D DIG (1250 420) 730 1015  
BREACH (PG-13) DIG (110 430) 715 1010  
GHOST RIDER (PG-13) DIG (1250 415) 730 1015  
BRIDGE TO TERABITHIA (PG) DIG (1245 400) 645 930  
MUSIC AND LYRICS (PG-13) DIG (350) 645  
NORBIT (PG-13) DIG (115 420) 815 1040  
RENO 911: MIAMI (R) - ID REQ'D DIG (1225)

**UA SNOWDEN SQ STADIUM 14**  
9161 Commerce Ctr Dr 800-FANDANGO 570#

**Adv. Tix on Sale** THE LAST MIMZY (PG) ★  
**Adv. Tix on Sale** MEET THE ROBINSONS (G) ★  
**Adv. Tix on Sale** REIGN OVER ME (R) - ID REQ'D ★  
300 (R) - ID REQ'D DIG ★ (100 130 330 400 430) 645 715 745 945 1015  
ZODIAC (R) - ID REQ'D DIG (1230 415) 800  
BLACK SNAKE MOAN (R) - ID REQ'D DIG (115) 715  
WILD HOGS (PG-13) DIG (145 445) 730 1010  
THE NUMBER 23 (R) - ID REQ'D DIG (200 500) 815 1030  
THE ASTRONAUT FARMER (PG) DIG (1230)  
AMAZING GRACE (PG) DIG (115 400) 700 945  
GHOST RIDER (PG-13) DIG (200 500) 800 1030  
GHOST RIDER (PG-13) DIG (130 430) 730 1010  
BRIDGE TO TERABITHIA (PG) DIG (145 445) 745 1020  
TYLER PERRY'S DADDY'S LITTLE GIRLS (PG-13) DIG 915  
MUSIC AND LYRICS (PG-13) DIG (1245 315) 630  
NORBIT (PG-13) DIG (1245 315) 645 915  
THE LAST KING OF SCOTLAND (R) - ID REQ'D DIG (100 345) 700 1000  
OC: BLACK SNAKE MOAN (R) - ID REQ'D DIG (415) 1000

**MANASSAS STADIUM 14**  
11380 Bulloch Drive 800-FANDANGO 490#

**Adv. Tix on Sale** REIGN OVER ME (R) - ID REQ'D ★  
**Adv. Tix on Sale** THE LAST MIMZY (PG) ★  
300 (R) - ID REQ'D DIG ★ (1230 100 250 325 400) 650 720 750 935 1005 1030  
ZODIAC (R) - ID REQ'D DIG (1140 305) 630 950  
BLACK SNAKE MOAN (R) - ID REQ'D DIG (1250 340) 710 955  
WILD HOGS (PG-13) DIG (1145 110 210 350 435) 705 735 930 1000  
THE NUMBER 23 (R) - ID REQ'D DIG (1200 225 440) 800 1015  
RENO 911: MIAMI (R) - ID REQ'D DIG 1020  
THE ASTRONAUT FARMER (PG) DIG (1210)  
AMAZING GRACE (PG) DIG (1220 315) 640 925  
BREACH (PG-13) DIG (1215 300) 700 940  
GHOST RIDER (PG-13) DIG (1240 335) 725 955  
BRIDGE TO TERABITHIA (PG) DIG (1155 220 445) 740 1010  
MUSIC AND LYRICS (PG-13) DIG (115 405) 755  
NORBIT (PG-13) DIG (1245 320) 645 915

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**300 (R)** ✓ 1:30, 2:45, 3:45, 4:45, 6:00, 7:00, 8:00, 9:15, 10:15  
**WILD HOGS (PG13)** 1:10, 2:20, 4:20, 5:15, 7:15, 8:15, 10:00  
**ZODIAC (R)** 2:30, 4:00, 6:10, 8:15, 7:45, 9:50  
**THE ASTRONAUT FARMER (PG)** 2:50, 5:55, 8:25  
**THE NUMBER 23 (R)** 2:35, 5:35, 8:10, 10:35  
**RENO 911: MIAMI (R)** 2:10, 4:35, 7:05, 9:35  
**BREACH (PG13)** 1:25, 4:10, 7:10, 9:55  
**BRIDGE TO TERABITHIA (PG)** 3:40, 6:35, 9:00  
**GHOST RIDER (PG13)** 1:40, 2:40, 4:25, 5:20, 7:20, 8:20, 10:05  
**MUSIC AND LYRICS (PG13)** 1:00, 3:55, 6:55, 9:30  
**TYLER PERRY'S DADDY'S LITTLE GIRLS (PG13)** 1:45, 4:50, 7:40, 10:10  
**NORBIT (PG13)** 1:05, 3:50, 6:40, 9:20  
**SMOKIN' ACES (R)** 1:20, 4:15, 10:20

**AMC SELECT**  
**THE ULTIMATE GIFT (PG)** 1:00, 4:05, 6:50, 9:45  
**BLACK SNAKE MOAN (R)** 1:15, 2:15, 4:30, 5:30, 7:30, 8:30, 10:30  
**AMAZING GRACE (PG)** 1:35, 4:10, 6:45, 9:25

**LOEWS GEORGETOWN 14**  
3111 K Street, N.W.  
202-342-6441

**300 (R)** ✓ 1:20, 2:20, 4:00, 5:10, 6:45, 7:45, 9:40, 10:20  
**WILD HOGS (PG13)** 1:00, 3:20, 5:40, 8:00, 10:20  
**WILD HOGS (PG13)** 1:00, 3:20, 5:40, 8:00, 10:20  
**ZODIAC (R)** 1:10, 1:45, 4:15, 5:15, 8:05, 9:20  
**THE NUMBER 23 (R)** 2:20, 5:50, 8:10, 10:30  
**RENO 911: MIAMI (R)** 2:30, 4:45, 10:00  
**BREACH (PG13)** 2:40, 4:40, 7:20, 8:00, 10:05  
**GHOST RIDER (PG13)** 1:30, 4:05, 6:50, 9:30  
**MUSIC AND LYRICS (PG13)** 2:10, 4:30, 6:50, 9:20

**AMC SELECT**  
**THE ULTIMATE GIFT (PG)** 1:40, 4:50, 7:50, 10:30  
**BLACK SNAKE MOAN (R)** 1:50, 4:20, 7:00, 9:45  
**AMAZING GRACE (PG)** 5:20, 10:25  
**PAN'S LABYRINTH (R)** 2:00, 5:00, 7:40, 10:15

**AMC SPRINGFIELD MALL 10**  
Loisdale and Franconia Road  
703-971-3991

**300 (R)** ✓ 1:30, 4:30, 7:30  
**WILD HOGS (PG13)** 1:10, 3:30, 5:55, 8:30  
**ZODIAC (R)** 1:00, 4:20, 7:40  
**THE NUMBER 23 (R)** 5:35, 8:30  
**BREACH (PG13)** 4:20, 7:20  
**BRIDGE TO TERABITHIA (PG)** 1:15, 3:30, 5:45, 8:00  
**GHOST RIDER (PG13)** 4:30, 7:30  
**NORBIT (PG13)** 4:15, 7:10

**AMC SELECT**  
**THE ULTIMATE GIFT (PG)** ✓ 4:00, 7:00  
**BLACK SNAKE MOAN (R)** 4:40, 7:40

**LOEWS RIO CINEMAS 18**  
9811 Washington Boulevard  
301-948-0906

**300 (R)** ✓ 12:40, 1:20, 3:20, 4:10, 6:05, 7:00, 8:50, 9:40  
**WILD HOGS (PG13)** 1:00, 2:00, 3:40, 4:50, 6:10, 7:30, 8:40, 10:00  
**WILD HOGS (PG13)** 1:00, 3:40, 6:10, 8:40  
**ZODIAC (R)** 1:30, 2:30, 5:20, 6:10, 8:50, 9:50  
**THE ASTRONAUT FARMER (PG)** 3:25, 8:00  
**THE NUMBER 23 (R)** 12:45, 3:05, 5:30, 7:50, 10:10  
**RENO 911: MIAMI (R)** 1:10, 5:50, 10:30  
**BREACH (PG13)** 1:30, 4:05, 6:40, 9:20  
**BRIDGE TO TERABITHIA (PG)** 12:40, 3:00, 5:20, 7:40, 10:00  
**GHOST RIDER (PG13)** 1:10, 3:50, 6:30, 9:00  
**MUSIC AND LYRICS (PG13)** 12:40, 3:10, 5:40, 8:10, 10:25  
**TYLER PERRY'S DADDY'S LITTLE GIRLS (PG13)** 12:50, 5:45, 10:25  
**NORBIT (PG13)** 1:50, 4:30, 7:20, 10:05  
**BECAUSE I SAID SO (PG13)** 3:15, 8:10

**AMC SELECT**  
**THE HOST (R)** 1:55, 4:40, 7:40, 10:30  
**THE ULTIMATE GIFT (PG)** 1:40, 4:20, 7:10, 9:55  
**BLACK SNAKE MOAN (R)** 1:30, 4:25, 7:30, 10:20  
**AMAZING GRACE (PG)** 1:20, 4:05, 6:55, 9:35

**AMC POTOMAC MILLS 18**  
2700 Potomac Mills Circle, Ste 886  
703-998-4262

**300 (R)** ✓ 1:15, 2:15, 3:15, 4:15, 5:15, 6:15, 7:15, 8:15, 9:15, 10:15  
**WILD HOGS (PG13)** 1:10, 2:10, 3:50, 4:50, 6:30, 7:30, 9:05, 10:10  
**ZODIAC (R)** 1:00, 3:30, 4:25, 7:00, 8:00, 10:15  
**THE ASTRONAUT FARMER (PG)** 2:25, 4:55  
**THE NUMBER 23 (R)** 2:20, 5:05, 7:35, 10:05  
**RENO 911: MIAMI (R)** 12:55, 3:00, 5:10, 7:40, 9:55  
**BREACH (PG13)** 2:05, 4:45, 7:25, 10:00  
**BRIDGE TO TERABITHIA (PG)** 2:00, 4:30, 7:00, 9:30  
**GHOST RIDER (PG13)** 1:45, 4:35, 7:20, 10:05  
**GHOST RIDER (PG13)** 1:45, 4:35, 7:20, 10:05  
**MUSIC AND LYRICS (PG13)** 7:30, 9:55  
**TYLER PERRY'S DADDY'S LITTLE GIRLS (PG13)** 1:55, 4:40, 7:10, 9:35  
**NORBIT (PG13)** 1:50, 4:05, 6:50, 9:20

**AMC SELECT**  
**THE ULTIMATE GIFT (PG)** 1:35, 4:20, 7:05, 10:00  
**BLACK SNAKE MOAN (R)** 1:05, 4:00, 7:05, 9:50  
**AMAZING GRACE (PG)** 1:20, 4:10, 6:55, 9:45

**AMC COLUMBIA MALL 14**  
10300 Patuxent Parkway  
410-423-0520

**300 (R)** 1:00, 2:00, 3:00, 4:00, 5:00, 6:00, 7:00, 8:00, 9:00, 10:00  
**WILD HOGS (PG13)** 1:30, 4:50, 7:20, 9:55  
**ZODIAC (R)** 2:30, 6:05, 9:20  
**THE ASTRONAUT FARMER (PG)** 1:40  
**THE NUMBER 23 (R)** 2:10, 4:45, 7:05, 9:35  
**RENO 911: MIAMI (R)** 7:35, 9:45  
**BREACH (PG13)** 1:50, 4:30, 7:10, 9:50  
**BRIDGE TO TERABITHIA (PG)** 1:45, 4:05, 6:30, 8:55  
**GHOST RIDER (PG13)** 1:15, 3:50, 6:40, 9:25  
**MUSIC AND LYRICS (PG13)** 4:15, 6:45, 9:05  
**TYLER PERRY'S DADDY'S LITTLE GIRLS (PG13)** 2:20, 4:40, 7:15, 9:40  
**NORBIT (PG13)** 1:55, 4:20, 6:55, 9:15  
**BECAUSE I SAID SO (PG13)** 2:45, 5:10

**AMC SELECT**  
**BLACK SNAKE MOAN (R)** 1:20, 4:10, 6:50, 9:30

**LOEWS FAIRFAX SQUARE 8**  
8065 Leesburg Pike  
703-506-9857 802

**THE ASTRONAUT FARMER (PG)** 4:30, 7:30  
**TYLER PERRY'S DADDY'S LITTLE GIRLS (PG13)** 4:40, 8:00  
**BECAUSE I SAID SO (PG13)** 4:50, 8:10  
**NIGHT AT THE MUSEUM (PG)** 5:10  
**BLOOD DIAMOND (R)** 4:00, 7:10

**AMC SELECT**  
**AMAZING GRACE (PG)** 5:00, 7:50  
**BABEL (R)** 7:00  
**THE LAST KING OF SCOTLAND (R)** 4:10, 7:20  
**PAN'S LABYRINTH (R)** 7:40  
**THE QUEEN (PG13)** 4:20

**MAGIC JOHNSON CAPITAL CENTRE 12**  
800 Shopper's Way, Largo  
301-324-4220

**300 (R)** 12:05, 1:40, 3:05, 4:10, 6:05, 7:05, 9:05, 10:05  
**WILD HOGS (PG13)** 12:40, 3:10, 5:40, 8:10, 10:35  
**ZODIAC (R)** 12:00, 3:15, 6:25, 9:45  
**BREACH (PG13)** 1:15, 3:45, 6:15, 9:15  
**BRIDGE TO TERABITHIA (PG)** 2:10, 4:40, 7:10, 9:40  
**GHOST RIDER (PG13)** 12:15, 2:45, 5:20, 7:50, 10:25  
**TYLER PERRY'S DADDY'S LITTLE GIRLS (PG13)** 12:30, 1:45, 3:00, 4:15, 5:30, 6:45, 8:00, 9:50, 10:30  
**NORBIT (PG13)** 12:10, 1:35, 2:30, 4:05, 5:00, 7:30, 10:00

**AMC SELECT**  
**BLACK SNAKE MOAN (R)** 2:15, 5:10, 7:40, 10:20

**LOEWS DUPONT 5**  
1350 19th St.  
1-800-FANDANGO #711

**300 (R)** 4:10, 5:00, 7:00, 7:45  
**BREACH (PG13)** 4:30, 7:15

**AMC SELECT**  
**STARTER FOR 10 (PG13)** 5:15, 8:00  
**GRAY MATTERS (PG13)** 7:30  
**KETTLE OF FISH (R)** 4:45

**LOEWS UPTOWN 1**  
3426 Connecticut Avenue N.W.  
1-800-FANDANGO #713

**300 (R)** 1:00, 3:45, 6:30, 9:15

**AMC TYSONS CORNER 16**  
7850 Tysons Corner Center  
703-998-4262

**300 (R)** ✓ 12:45, 1:30, 2:30, 3:30, 4:20, 5:30, 6:15, 7:30, 8:30, 9:15, 10:30  
**WILD HOGS (PG13)** 1:15, 2:15, 3:45, 5:00, 6:30, 7:45, 9:00, 10:15  
**ZODIAC (R)** 12:50, 2:00, 4:05, 5:20, 7:20, 8:40, 10:35  
**THE NUMBER 23 (R)** 12:50, 3:15, 5:35, 7:55, 10:25  
**RENO 911: MIAMI (R)** 1:10, 3:20, 5:40, 8:00, 10:05  
**BREACH (PG13)** 1:50, 4:25, 7:05, 9:40  
**BRIDGE TO TERABITHIA (PG)** 12:55, 3:10, 5:25, 7:40, 9:55  
**BRIDGE TO TERABITHIA (PG)** 12:55, 3:10, 5:25, 7:40, 9:55  
**GHOST RIDER (PG13)** 1:25, 4:10, 7:10, 9:50  
**MUSIC AND LYRICS (PG13)** 1:20, 4:15, 7:00, 9:45  
**NORBIT (PG13)** 1:45, 4:15, 7:15, 10:10

**AMC SELECT**  
**BLACK SNAKE MOAN (R)** 1:40, 4:40, 7:25, 10:20  
**DREAMGIRLS (PG13)** 1:35, 4:35, 7:35, 10:40

**AMC RIVERTOWNE 12**  
Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.  
703-998-4AMC

**300 (R)** ✓ 4:50, 7:45  
**WILD HOGS (PG13)** 5:10, 8:10  
**ZODIAC (R)** 4:00, 7:15  
**BRIDGE TO TERABITHIA (PG)** 4:35, 7:10  
**GHOST RIDER (PG13)** 5:00, 7:50  
**TYLER PERRY'S DADDY'S LITTLE GIRLS (PG13)** 4:30, 5:30, 7:15, 8:15  
**NORBIT (PG13)** 4:30, 5:00, 7:00, 8:00  
**STOMP THE YARD (PG13)** 4:45, 7:30

**AMC SELECT**  
**BLACK SNAKE MOAN (R)** 5:15, 7:50  
**DREAMGIRLS (PG13)** 4:35, 7:40

**AMC COURTHOUSE PLAZA 8**  
Courthouse and Birch Rd.  
703-998-4AMC

**WILD HOGS (PG13)** 4:30, 5:30, 7:00, 8:00, 9:20, 10:20  
**ZODIAC (R)** 4:20, 6:40, 7:40, 10:00  
**BREACH (PG13)** 4:50, 7:20, 9:50  
**MUSIC AND LYRICS (PG13)** 5:00, 7:30, 10:10

**AMC SELECT**  
**NOTES ON A SCANDAL (R)** 4:40, 9:30  
**BABEL (R)** 3:50, 6:50, 9:40  
**CHILDREN OF MEN (R)** 7:10

**LOEWS SHIRLINGTON 7**  
2772 South Randolph  
703-671-0910 801

**AMC SELECT**  
**THE HOST (R)** 2:10, 4:50, 7:30  
**STARTER FOR 10 (PG13)** 2:00, 5:00, 7:40  
**AMAZING GRACE (PG)** 2:20, 4:40, 7:20  
**THE LIVES OF OTHERS (R)** 1:30, 4:20, 7:50  
**VOLVER (R)** 1:40, 7:00  
**THE LAST KING OF SCOTLAND (R)** 1:50, 4:30, 7:10  
**PAN'S LABYRINTH (R)** 4:10  
**THE QUEEN (PG13)** 1:30, 3:50, 7:10

**LOEWS WHITE FLINT 5**  
North Bethesda  
1-800-FANDANGO #741

**300 (R)** 2:20, 5:00, 7:15  
**ZODIAC (R)** 3:00, 6:15  
**THE NUMBER 23 (R)** 2:00, 4:30, 7:00  
**BREACH (PG13)** 2:25, 4:50, 7:05  
**MUSIC AND LYRICS (PG13)** 2:15, 4:45, 7:00

**AMC MAZZA GALLERIE**  
Jennifer and Wisconsin  
202-537-9553

**WILD HOGS (PG13)** 3:05, 5:30, 8:05  
**ZODIAC (R)** 4:40, 7:55  
**RENO 911: MIAMI (R)** 2:00, 4:00  
**BREACH (PG13)** 3:10, 5:35, 8:00  
**BRIDGE TO TERABITHIA (PG)** 2:40, 5:00, 7:20  
**BRIDGE TO TERABITHIA (PG)** 2:40, 5:00, 7:20  
**MUSIC AND LYRICS (PG13)** 2:55, 5:15, 7:45

**AMC SELECT**  
**BLACK SNAKE MOAN (R)** 2:10, 4:50, 7:30

Times for Tuesday, March 13, 2007

# Join Us Tonight!

Express and Lindy Promotions invite you to the...

## express afterhours

# St. Patrick's Day Party!

...and enter to win a trip for two to Dublin, Ireland!

- ♣ \$1 Miller Lite drafts until you kick the keg!
- ♣ \$2 Miller Lite drafts after the keg is kicked!
- ♣ \$3 St. Patrick's Day special shooters!
- ♣ Free appetizer buffet 5-7PM!
- ♣ Green beads, beer steins, and other giveaways!
- ♣ Live Irish music by *The Flying Cows of Ventry!*
- ♣ Raffle to win a 5-night vacation for two to Dublin, Ireland! Prize includes round-trip airfare, accommodations and transfers.

**Tuesday, March 13, 5-9PM**

## Finn macCool's

Irish Publick House

Barracks Row on Capitol Hill • [finnmaccoolsdc.com](http://finnmaccoolsdc.com)  
713 8th Street, SE, Washington, DC • 202-547-7100  
Nearest Metro: Eastern Market (blue/orange line)

**Special prize pack for the first 50!**

Questions? Call 301-652-7712.

Express Publications, LLC, Arlington, Virginia

There's a qualified **network engineer** reading Express.

To advertise a job, call **202-334-4100.**

**express**

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# express marketplace

**JOBS • RENTALS • HOUSES • WHEELS • STUFF • AND MUCH MORE...**

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To advertise a job, call  
**202-334-4100.**

Credit cards accepted.



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by running  
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through Fri.

## JOBS

### Accounting

Chemionics seeks a manager for the Accounts Payable team. Responsibilities include assisting in day-to-day accounting operations and provide oversight to the accounts payable team. Qualifications: BA in Accounting, C.P.A. preferred, 5+ years of accounting experience with A/P, A/R, and invoicing, USAID/government regulations experience and knowledge of Solomon accounting system. Please email resumes to [acctrecruit@chemionics.com](mailto:acctrecruit@chemionics.com). For full position description go to [www.chemionics.com](http://www.chemionics.com)

### Accounting Manager

Chemionics seeks a Manager for the Financial Analysis and Compliance Team. Responsibilities include: review expenses and perform reconciliations of overseas project offices, analyze regional and corporate financial information. Qualifications: Bachelor's degree, master's or MBA preferred, knowledge of financial and accounting concepts as well as USAID regulations. Send resumes to [acctrecruit@chemionics.com](mailto:acctrecruit@chemionics.com). Include position title on subject line. For full job description go to [www.chemionics.com](http://www.chemionics.com)

### ADMIN ASSISTANT

College grad w/strong computer skills (Excel, Microsoft Office). Part-time. Fax resume to: 301-562-9377. EOE.

## JOBS

### Administrative

#### BARIATRIC SCHEDULING COORDINATOR

Are you a motivated, team-oriented self-starter who will help us launch the new Sibley Center for Weight Loss Surgery? Responsibilities include scheduling, patient relations at the front desk and by phone, electronic database management, etc. REQUIREMENTS: Superior customer service skills, strong organizational and multi-tasking abilities, computer savvy. Medical clinic experience a plus.

#### Sibley & You: A Winning Team

We offer competitive salary and great benefits including paid leave, free parking and more. Send resume to Katie Mancusi: [kmancusi@sibley.org](mailto:kmancusi@sibley.org), fax: 202.363.2677 or apply online: [www.sibley.org](http://www.sibley.org). EOE

**Sibley Memorial Hospital**  
5255 Loughboro Road NW  
Washington, DC 20016  
HR: 202.537.4750



## JOBS

### Advertising Coordinator (Customer Service) Full Time

The Washington Post is currently searching for high energy Customer Service Representatives who will work in a fast-paced, detailed oriented, and team spirited environment.

#### Responsibilities:

- Provide service support for sales account managers and advertisers in all areas of sales support.
- Manage ad orders and materials.
- Assure accurate billing.
- Respond to inquiries from both external and internal inquiries.

For more information & to apply online, visit [www.washpost.com](http://www.washpost.com).

**Qualified candidates should send a resume and cover letter to:**

**The Washington Post**

Attn: HR/CSR/CP  
Fax - (202) 912-3677  
[talentsearch@washpost.com](mailto:talentsearch@washpost.com)

## JOBS

### Accounting

#### Divine Chocolate - Finance Manager

Divine Chocolate, a fair trade chocolate company part-owned by cocoa farmers in Ghana, seeks skilled, competent Finance Manager for our dynamic start-up. Duties incl. all AP/AR, cash flow, budgeting, financial reporting, payroll. Quickbooks a must. 5-7 years exp. Accounting degree or equivalent. Part Time in our DC office. Email resume and cover letter to [erin@divinechocolateusa.com](mailto:erin@divinechocolateusa.com). No calls!

### Advertising

#### TRAFFIC COORDINATOR

Old Town advertising agency seeks highly motivated candidate for a Traffic Coordinator position. This position is a great fit for someone who is interested in learning more about the advertising industry. A successful candidate must have excellent time management skills, multi-tasking ability, and computer knowledge in both PC and MAC. We offer great benefits, free parking and a dynamic work environment. Email resume and salary requirements: [acaparso@wwafsp.com](mailto:acaparso@wwafsp.com)

### Auto Mech

Woodbridge, salary+flat rate, ASE bonus, benefits & more. Greg 703-313-5003.

### AUTO TECH

ASE certified pref'd but not req'd. Mon-Fri & \$1500 signing bonus. Call Mr. Robinson 202-380-8942.

## AUTOMOTIVE SALES

DARCARS Automotive Group is currently seeking full time sales consultants to join our team! **No experience necessary!** We offer full benefits and top pay plans! **Earning potential over 80K!!!** Apply in person at 12214 Cherry Hill Road, Silver Spring MD 20904 or call 1-800-574-8197 for interview. Must have valid drivers license.

**DARCARS**

### Beauty

#### STRANDS HAIR STUDIO

##### PROF HAIRSTYLIST

Needed for Wheaton/SS salon. Familiarity w/ethnic hair styles. Up to 70% comm. Creativity a plus. Training. Call 301-942-1780

### BEAUTY

#### TECHNICIAN NEEDED

For new body waxing & eyelash salon opening on U Street. Call or fax resume to 202-483-7171.

### BOOKKEEPER

Keep records, billings, good phones skills, \$15/hr 40/hr per week. Fax resumes to 301-309-1563.

### CNAs

Home health CNAs with DC, VA or MD license needed for day shifts in NoVA and Montg. Co. Also "live-ins" needed at \$120/day. Excellent salary and benes. CALL Monday, 703-516-0011 for interview.

### Construction

CTS Services, LLC, an expanding HVAC/Mechanical company is interviewing for the following position:

#### SERVICE TECH

5+ yrs. HVAC exp. Plus required licenses. Self motivated individual with strong organizational skills. We offer excellent salary, benefits and 401k plan. apply in person or send resume to: HR, 11900 H Baltimore Ave., Beltsville, MD 20705; Fax: (301) 210-7103.  
Email: [HR@ctsservices.net](mailto:HR@ctsservices.net)  
EOE M/F/D/V, Drug-Free Workplace

**WeekendPass. Artful. Thursday.**

## JOBS

### CONTRACTING

Company seeking qualified individuals for **drywall, painting, renovations, carpentry/Apartment maintenance**. Please forward resumes to: 703-521-5706 or call 703-271-5310.

**DANCERS**—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. **240-286-3660 or 301-568-8500**

### DENTAL SCHED./COORD.

Immed. FT position avail. @ Falls Church office. Exp. pref'd. w/scheduling pt. appts. & handling re-care for a fast-paced dental office. Great pay & FT benefits!! Fax res. 703-269-2697

### Driver \$

**A RARE OPPORTUNITY**  
Commission plus Gas Incentives and Benefits offered to Independent Contractors with minimum 2 years messenger experience! Call M-F, 9am-5pm. Beltsville 301.419.2626 • Bethesda 301.656.4086  
Dulles 703.662.2218 • McLean 703.847.0637

**DRIVER \$**—A very busy courier company in DC needs bikers, car and van drivers. Commission plus gas incentives, benefits offered by a 3rd party company. Call Sal 202-347-7663.

### DRIVERS

CDL Drivers for children in Metro area. Must be 25+ years old, MVR/ background check & drug test req'd \$13/hr. Split shift. Fax resume to: 301-441-8127 or call 301-441-8124. EEO

### DRIVING/LIMO - CDL w/P

PT eves & wknds. VA/DC/MD. \$18-\$20/hr. Springfield 703-550-7200

**DRYCLEANERS**—Need punctual, polite, precise person w/exp. on counter. Contact Ryan, 202-723-5742 826 Upshur St, NW, right off Georgia Ave.

### Editorial

#### COPY EDITOR

Stars and Stripes, daily newspaper for U.S. Military overseas, is searching for news and sports page layout copy editors in our Washington, DC, office. E-mail your resume to [wramcvabnaf@amedd.army.mil](mailto:wramcvabnaf@amedd.army.mil). Include announcement number NCNAFAN070318 - Copy Editor and NCNAFAN070319 - Sports Editor. Contact Sharnie Frazier (202) 782-5028. Equal Opportunity Employer.

### FACILITIES ASSISTANT SHUTTLE DRIVER

sought by nonprofit agency.

This is a FT position with working hrs. between 11 AM - 8 PM, M-F. Afternoon duties include general cleaning and maintenance of facility. Evening duties require transporting staff and volunteers to and from Metro using a 14 passenger shuttle bus.

Requires prior custodial/building maintenance experience, experience driving a shuttle bus or other large vehicle, good driving record, a willingness to work some holidays & an appreciation for diversity.

Offer contingent upon pre-employment drug test. Competitive wages with generous benefits.

**Apply to: Mr. Lucas Ginn  
Food & Friends  
219 Riggs Rd., NE; WDC 20011  
Fax: 202-635-4263  
[Apply@foodandfriends.org](mailto:Apply@foodandfriends.org)  
NO PHONE CALLS. EOE**

**hanley wood**

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Hanley Wood, LLC is the premier media network serving North America's residential and commercial construction industries. Become part of the dynamic work force at Hanley Wood and explore new challenges in a fast-paced industry. We are currently recruiting for the following positions:

Account Manager  
Ad Traffic Manager (Online)  
Assistant Controller  
Associate Editor, Pro AV  
Director, Conferences & Events

Lead Web Developer  
Mailroom Assistant (Part-Time)  
Production Manager (Online)

Regional Sales Manager  
Senior Editor (2)  
Software Configuration  
Management Engineer  
Software Development  
Manager

Qualified candidates should possess relevant work experience and a degree. For a detailed job description, please visit [www.hanleywood.com](http://www.hanleywood.com).

Employee satisfaction is important to us, so we provide competitive compensation and benefits along with a dynamic workplace setting. Due to our recent growth we encourage applicants to visit our website frequently for new career opportunities in various fields.

*Hanley Wood, LLC is an equal opportunity employer workplace*



## Classifieds

## JOBS

## General Jobs

## TRAVEL AGENTS NEEDED

Work from home, no experience. Call 301-805-8941.

## Hotel

## Front Desk/Driver

Hotel in Crystal City is currently seeking energetic, responsible, service oriented team member. Must have valid driver's license. Computer experience a plus, and able to work a flexible schedule. Salary commensurate with experience. Apply in person or call Americana Hotel, 1400 Jefferson Davis Hwy, Arlington, VA. 703-979-3772.

**WeekendPass rocks.** Thursday.

## Hotel - Washington DC

Server, Houseman, Bus Person, Cashier and Security Officer. If you have luxury hotel exp send resume to: [hrmanager@hayadams.com](mailto:hrmanager@hayadams.com) or fax 202 639 9743.

## HVAC

## A/C Equipment Mechanic

The National Gallery of Art has multiple vacancies for A/C Equipment Mechanics, responsible for operating, maintaining, and repairing mechanical systems, air handlers, pumps, compressors, etc. Secure government job, great benefits. Starting wages \$47,000. Call Mr. John Bixler, 202-842-6350 for more information. U.S. citizenship is required. For specific application information and instructions go to <http://jobsearch.usajobs.opm.gov/a9nga.asp>. The vacancy announcement number is #07-17.

## Editor

# express

A publication of *The Washington Post*

## Seeking Entertainment Editor

Express, The Washington Post Co.'s free commuter daily, is looking for an energetic entertainment editor/writer to join its hardworking newsroom. The ideal candidate will have three or more years of full-time experience as an entertainment editor in either a print or online newsroom. He or she will demonstrate a broad knowledge of the arts and popular culture, an ability to write and edit with precision and wit, and a eye for the kinds of stories that will resonate with Express' young, active and time-pressed readers. Send letter, resume and five writing/editing samples to [resume@readexpress.com](mailto:resume@readexpress.com) or Express, P.O. Box 17370, Arlington, Va. 22216, attn: Editor Search.

## STAR IN YOUR OWN LIFE

## Loudoun County Public Schools

## Upcoming Job Fairs:

Hiring for 800-1000 Licensed Teaching Positions  
and 500 Classified Support Positions!

## Classified Recruitment Fair

Wednesday, March 7, 2007  
4:00 P.M. - 7:00 P.M.

Seneca Ridge Middle School  
Sterling, Virginia

## Instructional Recruitment Fair

### And Administrative Information Forum

Saturday, March 10, 2007  
9:00 A.M. - 12:30 P.M.

Potomac Falls High School  
Potomac Falls, Virginia

## Special Education Recruitment Fair

Thursday, March 15, 2007  
2:00 P.M. - 6:00 P.M.

Administration Building  
Ashburn, Virginia

For Support Services  
Food Services, Facilities Services, Transportation

For Licensed Teachers &  
Administrators

For Special Education Teachers &  
Teacher Assistants

Application and Registration Information at [www.lcps.us](http://www.lcps.us).  
Walk-Ins welcome!

Equal Opportunity Employer

## Graphics/Production

# express

A publication of *The Washington Post*

## Layout/Production Assistant - Entry-Level -

**Express** is looking for an entry-level layout and production assistant to join its editorial staff. Responsibilities include laying out news and features pages using Adobe InDesign, designing Web graphics, and prepping photos for print publication. This is a great opportunity for someone looking to learn all facets of newspaper production. The ideal candidate will have some experience at a print publication, preferably a newspaper, and must be able to work well under tight deadlines. Proficiency in InDesign and Photoshop are essential. Send letter, resume and three to five work samples to [resume@readexpress.com](mailto:resume@readexpress.com) or mail to Express, PO Box 17370, Arlington, VA 22216. No calls, please.

## Insurance Professionals

Work from home as a licensed insurance agent for DC metro area. No Experience Needed. Call 866-253-3257.

## Insurance Service/Sales

Seeking motivated self-starter for busy State Farm office in Arlington. Bilingual Spanish/English a plus. Salary + commission. Fax resume to 703-525-3427.

## INTERNET

## Network Solutions Open House

Tuesday, March 20  
4-7pm

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List Broker needed for list firm in Northern Virginia specializing in political and non-profit fundraising. The List Brokerage position is responsible for purchasing and processing list data on behalf of our fundraising clients. Additional responsibilities include clearing mail dates, updating datacards, updating state counts, and maintaining exchange balances. Experience in the list industry is a plus but experience in the direct marketing industry is sufficient. Please contact us at 703-379-4394 x240; [holly@pinlistco.com](mailto:holly@pinlistco.com)

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**Southwest**—\$1500, 172 Forrester St, 2 br, 1 ba, up, 1 br, 1/2 ba in base, Sec 8 ok 202-575-0488

**Springfield**—\$1875, Sgl Fam Rental Home, 3 br, 2 ba, 3 Fls, 1 Car Attached gar, 12 months, dw, porch-patio, nr pub transp, ww carpet, new carpet, form dr, form lr, hw flrs, fp, shed, 703-768-4029

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**Sterling**—Countryside Lg end unit 3 BR 2.5 BA TH, Lg Deck, FP/c, 2 car garage, n/s, N.H. pool Tennis ct. \$1700. 703 395 8975

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**ARL/Close to Pentagon & Shirlington**—2BR 2BA apt to share, furnished, \$900/mo. 301-639-9845

**ARL N**—Female, furn rm, hse to shr. Nr East Falls Ch Metro. \$585/mo incl utls. NS/NP. 703-532-9381

**ARL**—Walk Ballston Metro. Immed., Lge room, \$595, \$675, \$795 w/pvt BA & entr. Shr kitch, 703-599-7572

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### RENTALS

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# LOOK out

\* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

## Green Acres

### Environment

#### High costs a barrier to the construction of energy-saving homes

Green building as a cause has united disparate parties from environmental groups to big business to policy-makers, but one key industry has struggled to react to the change in public sentiment.

The major home builders, who account for 80 percent of all home-building activity in the nation, face a unique challenge in implementing green building on a widespread scale. Many have added energy-saving features and experimented with environmentally friendly materials, but have not yet been able to sign

on a critical mass of buyers willing to pay more for them.

"The residential market, as I see it, is the last one to take off," said Mary Ann Lazarus, sustainable design director of the architectural firm HOK.

Homebuilders are crucial to reducing greenhouse gas emissions believed to cause global warming, according to Ed Mazria, founder of environmental activist group Architecture 2030.

He estimates that buildings — their construction and operation — contribute 48 percent of overall emissions, while transportation adds 27 percent and industrial activity 25 percent.

Ara Hovnanian, CEO and president of Hovnanian Enterprises Inc., one of the nation's biggest home builders, said that all other things being equal, consumers would

INSIDE

Heel! Spring shoes are coming | **31**



**Live Online:** Wilbon on March Madness | **32**

**Chest Pain:** Regis to have heart surgery | **34**



**ON THE SUNNY SIDE:** Solar panels line a trellis in the yard of a San Diego home constructed using green building practices.

**“We saw it first happen in hybrid cars. I think it’s probably going to shift over to houses.”**

JOYCE MASON, PARDEE HOMES VP

choose green. But, he said, all is not equal.

"Consumers have not been willing to make the investment," Hovnanian said.

Recouping that premium is more of a problem for developers who build properties for sale, as opposed to those who can benefit later from lower electricity bills or

being able to charge higher rents. Investing in green features ultimately benefits the home buyer, so if the consumer is unwilling to pay more, the cost-benefit formula makes no sense, in Hovnanian's view.

Bill Valentine, chairman of architecture firm HOK, said the main goal for architects who support green building is to get sustainability into the common man's budget.

"The real action is in suburbia, in reconstructing suburbia," he said.

Among the early adopters are two smaller home builders, Los Angeles-based Pardee Homes and Florida-based WCI Communities Inc. While they are much smaller

than home builders such as Hovnanian, KB Home and others, they also build mainly where consumers have been more receptive to green building practices.

Pardee marketing Vice President Joyce Mason said one-third of about 10,000 homes it has built since 2001 are in its Living Smart line of homes, which come with carpet made from recycled soda bottles and wood from managed forests. She said consumers had always appreciated the green features, but buyers have started specifically asking for them in recent months.

"We saw it first happen in hybrid cars," Mason said. "I think it's probably going to shift over to houses."

VINNEE TONG (AP)

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# Pulp Becomes Present

## Travel

### Providence honors famed horror writer with walking tours

Horror writer H.P. Lovecraft so identified with Providence, R.I., that the headstone on his grave reads: "I AM PROVIDENCE," a phrase taken directly from one of his letters.

The author, now viewed as one of the great horror writers of the 20th century, grew up near Brown University. Some of his best-known works are set in the colonial homes near downtown Providence, and his grave is in a historic city cemetery.

A visit to Lovecraft's hometown is a must for American culture buffs and fans of the author of "At the Mountains of Madness," a famous novella about a doomed archaeological expedition. Visitors can stroll the same streets where Lovecraft imagined stories about

**“It’s amazing**

how many of the sites [Lovecraft] described in his stories still survive in Providence.”

S.T. JOSHI, LOVECRAFT BIOGRAPHER

dormant gods returning to torment or annihilate mankind.

Several Lovecraft walking tours are being offered March 17-18, along with a "Pulp Uncovered" festival, March 15-18, which will include discussions of the writer's legacy. The events coincide with the 70th anniversary of the writer's death.

"It's amazing how many of the sites he described in his stories still survive in Providence and are in better condition now than in his day," said Lovecraft biographer and archivist S.T. Joshi, who is expected to speak at the "Pulp Uncovered" event. "It's very much as Lovecraft knew it, so when you go there, you



The Halsey House mansion was the setting for a 1927 novella by H.P. Lovecraft.

are stepping back to his time."

Lovecraft primarily wrote for pulp magazines and was little known outside of cult circles during his life. His champions now include mainstream literary authors Joyce

Carol Oates and Michael Chabon, and his stories were recently collected in an authoritative 800-page Library of America edition.

Best-selling horror writer Stephen King is a fan as well. He wrote

an introduction to a book by Michel Houellebecq called "H.P. Lovecraft: Against the World, Against Life." In the book, Houellebecq argues that Lovecraft "matters a great deal even in the 21st century," King wrote. "As it happens, I think he could not be more right."

A good start for a walking tour of Lovecraft's Providence is the John Hay Library at Brown. Library visitors can access the world's largest collection of Lovecraft letters, books and errata. Among the items is an exceedingly rare copy of "The Shadow Over Innsmouth" — one of only 400 copies printed in 1936.

A short stroll down Prospect Street takes visitors to the Halsey House, a mansion that served as the fictional home of Charles Dexter Ward, a character in a 1927 novella who goes mad after trying to learn more about a mysterious ancestor.

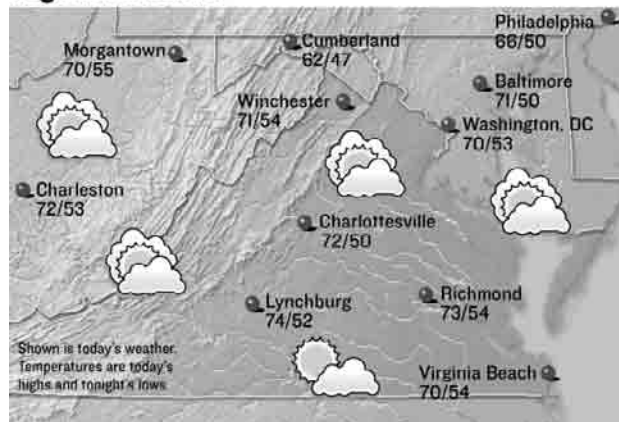
The final stops on a Lovecraft tour require a long walk or a short drive through Providence's East Side. Lovecraft and his family are buried at the Swan Point Cemetery at 585 Blackstone Blvd. The cemetery is so accustomed to Lovecraft visitors that workers will draw a map to the site.

"He'd be astounded at his posthumous reputation," Joshi said. "He was convinced his work was destined for oblivion." JUSTIN M. NORTON (AP)

### 5 Day Forecast for the Washington Area

| Today | Tonight | Wednesday | Thursday  | Friday    | Saturday  |
|-------|---------|-----------|-----------|-----------|-----------|
|       |         |           |           |           |           |
| 70°   | 53°     | 75° / 52° | 67° / 50° | 55° / 36° | 49° / 30° |

### Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2007

### Almanac

Washington, D.C., through 4 p.m. Mon.

#### Temperature

|                  |     |
|------------------|-----|
| High             | 57° |
| Low              | 33° |
| Normal high      | 54° |
| Normal low       | 36° |
| Average humidity | 47% |

#### Precipitation

|                        |       |
|------------------------|-------|
| 24 hours ending 4 p.m. | 0.00" |
| Month to date          | 1.00" |
| Normal month to date   | 1.40" |
| Year to date           | 5.68" |
| Last year to date      | 5.74" |
| Normal year to date    | 7.24" |

For up-to-the-minute weather, see:  
[washingtonpost.com/weather](http://washingtonpost.com/weather)

### Regional Forecast

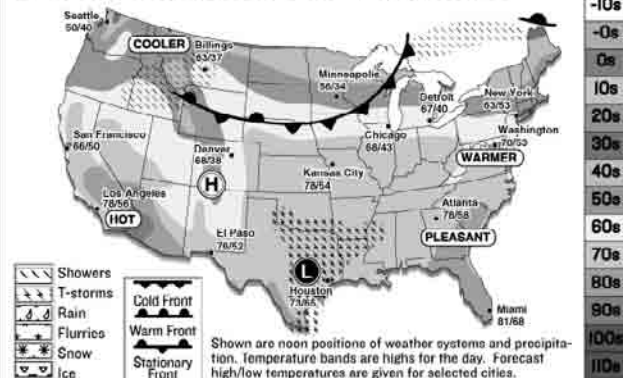
**D.C. Metro:** Today, partly sunny. High 71. Wind southwest 10-20 mph. Tonight, partly cloudy. Low 53. Wind southwest 5-10 mph.

### Sun and Moon

|                |            |
|----------------|------------|
| Sunrise today  | 7:23 a.m.  |
| Sunset tonight | 7:13 p.m.  |
| Moonrise today | 3:58 a.m.  |
| Moonset today  | 12:53 p.m. |

|  | New    | First  | Full  | Last   |
|--|--------|--------|-------|--------|
|  | Mar 18 | Mar 25 | Apr 2 | Apr 10 |

### National Weather for Tuesday, March 13



### National Cities

| City          | Today    | Wed.     |
|---------------|----------|----------|
| Atlanta       | 78/58/pc | 74/54/pc |
| Boston        | 58/42/pc | 60/44/c  |
| Chicago       | 68/43/pc | 56/38/r  |
| Dallas        | 77/59/t  | 75/56/t  |
| Denver        | 68/38/s  | 67/36/pc |
| Honolulu      | 81/72/sh | 80/67/sh |
| Los Angeles   | 78/56/s  | 75/56/pc |
| Miami         | 81/68/pc | 83/70/pc |
| New York City | 63/53/pc | 65/47/c  |
| Orlando       | 82/59/pc | 82/61/pc |
| Seattle       | 50/40/r  | 50/38/pc |

### World Cities

| City         | Today    | Wed.     |
|--------------|----------|----------|
| Amsterdam    | 55/40/pc | 54/39/s  |
| Athens       | 58/42/c  | 54/39/pc |
| Berlin       | 60/40/pc | 54/37/s  |
| Buenos Aires | 86/59/s  | 86/64/pc |
| Calgary      | 39/23/pc | 42/19/c  |
| Dublin       | 48/39/pc | 52/39/pc |
| Geneva       | 60/32/s  | 61/38/pc |
| Moscow       | 40/32/pc | 37/32/pc |
| Rome         | 66/46/pc | 66/46/pc |
| Sydney       | 72/59/pc | 75/59/s  |
| Tokyo        | 54/43/s  | 54/41/s  |

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

# Styles | Look<sup>\*</sup>out



## Home



## We Scream for Clean

The eco-friendly cleaner our tree-hugging husband uses makes us long for the era when petticoated housewives scoured with fragrant, probably poisonous products. But **MRS. MEYER'S CLEAN DAY'S** new Honeysuckle (\$15 for a kit, [mrsmeys.com](http://mrsmeys.com)) products might save this relationship. The all-purpose cleaner made the kitchen floor shiny and the room smell slightly like a Savannah garden. Concocted of vegetable proteins and oils, the stuff passed muster with our live-in Al Gore, too. JENNIFER BARGER (EXPRESS)

## Beauty



## Hands by Your Man

Sometimes guys don't want to smell like flowers. Frankly, sometimes women don't want to, either. Enter the new Molton Brown **BLU MAQUIS COLLECTION**, ranging from hand wash and lotion (pictured, \$23 and \$25, respectively, [moltonbrown.com](http://moltonbrown.com)) to candles and air freshener. The hand wash was an olfactory revelation: The scent is musky and masculine, and it smells more like a high-end cologne than a soap. It may clash with whatever perfume or cologne you're wearing, but if you're going scentsually naked, it's worth a squirt. KRISTEN PAGE-KIRBY (EXPRESS)

# Heel the Beat



## Spring shoes get thick with detailed, dominating heels

**This spring, don't** worry too much whether your toes are round or pointy, or whether you can start wearing light-colored leather: The big shoe stories of the season are about interesting materials and sculpted heels.

A couple of pairs of wood, cork, jute or raffia wedge sandals, plus a peep-toe pump and a jazzed-up ballet slipper will easily fast-forward your warm-weather wardrobe from last Labor Day to the present. Heel heights run the gamut, but be warned — they're thicker than last year.

Why now for these trends?

"I think that heel heights are supporting the move toward dresses. The thicker heels balance out the dressiness and elongate the leg," said Jennifer Gosselin, vice

president of merchandising and planning for Piperlime, the online shoe store from Gap Inc.

The natural look of wood or cork embraces the sandy color palette that dominates this spring. They also complement the crisper nautical styles and offer a toned-down alternative to a dark leather stiletto in a season with so many mini-dresses.

Artistry equals high fashion, said Michelle Scobie, lead merchant at ShoeMall.com. Interesting patterns are being woven into rope heels, and platforms are sculpted and curvy. Manufacturers are experimenting with textured patent leathers, adding funkiness to a traditional look.

"With all the neutral clothes, you can pump it up with shoes. There's not as much of an investment in a wild-print shoe than a wild-print pant," Scobie said. "And it's easier to digest, too."

Lucite is a trend worth trying,

## GET HEIGHT, LOOK RIGHT

**(1) Snakeskin and linen** are mixed in this sandal from Cole Haan. The neutral color means the shoe can go with any outfit.

**(2) A Loeffler Randal** wedge embodies two major spring trends: wood as a common material and a platform shoe with a wedge heel.

**(3) Pretty patent leather** gets a rock 'n' roll makeover with a heel made of cracked mirrors in this peep-toe heel by Salvatore Ferragamo.

**(4) This Charles David** wedge has a buckle along the heel, which adds interest. The black and white color scheme is also summery, yet sophisticated.

said stylist Gina La Morte, known online as the Style Doctor, although you need to wear them with the right attitude. The clear wedge looks best with a simple outfit, perhaps a white

trumpet-style dress, chunky silver bracelets and oversized sunglasses, she suggests.

Peep-toes tap into a bit of voyeurism. They can also be a practical bridge between wintry pumps and too-bare sandals, said ShoeMall's Scobie, and they meet most social (and office-attire) standards.

That's not to say, though, that peep-toes — or chunky heels, or ballet flats, for that matter — are here to stay. One of the most eye-catching shoe styles spotted on the runways of the recent fall previews was at Versace — a towering platform shoe with a silver sole and an eight-inch heel. Stilettos had fallen a bit out of fashion the past few seasons, but leave it to Donatella Versace to beckon them back.

"I love how a sexy high heel can change the dynamic of an outfit. It lengthens the leg, adds a bit of allure," she said in an e-mail. "And, of course, instant glamour!"

SAMANTHA CRITCHELL (AP)





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site specifics

ENTERTAINMENT

Comedic Crossfire

Almost everybody has an opinion about actor/activist Janeane Garofalo. Currently on a stand-up tour that brings her sharp comedic mind to a sold-out State Theatre on Tuesday, Garofalo spoke to Express about Ann Coulter ("clown"), D.C. ("love") and Mitt Romney (unprintable). | ONLINE NOW



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There's nothing like biking down to the cherry blossoms on a bright spring day—until you get there and find yourself trying to plow through the crowds with your bike in tow. Did you know you can valet-park your bike for free? Find out how. | ONLINE NOW

ENTERTAINMENT

Ghost Writer

You might not know Eric Wight, but there's a good chance you've seen his work as the ghost artist for Seth Cohen on "The O.C." Wight, who has worked with author Brad Meltzer and Joss Whedon ("Buffy"), talked with Express about his new comic book, "My Dead Girlfriend." | ONLINE NOW



comment board

“Why you hatin’ on Kelly? It’s funny how everyone from Mary J. to Bono to J.Lo is jumpin’ on the ‘Idol’ bandwagon. Kelly was thrust into a world that trashed ‘Idol’ left and right. ... Her success — and her Grammys — made ‘Idol’ legit and paved the way for everyone who followed.”

COMMENTER LUKAS WALKER, rising to Kelly Clarkson’s defense after Express’ Arion Berger took a swipe at her movie in her “Idol Chatter” column.



“Why stop at Andrews AFB? The logical solution to the nightmare that is US-301 during the commuting hours is a Green Line extension that terminates in Waldorf, Md.”

COMMENTER SWR, responding to a story about the push by officials in Prince George’s County to extend the Green Line to the area near Andrews Air Force Base.

poll center

TODAY’S QUESTION

Do you think Russia is backsliding on democracy?

- 1. Yes
- 2. No

MONDAY’S RESULTS

Which top seed will lose first in the NCAA tournament?

AS OF 5 P.M. MONDAY. NOT A SCIENTIFIC POLL.

- 1. Florida: 24%
- 2. Kansas: 33%
- 3. North Carolina: 29%
- 4. Ohio State: 14%

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)



“I know what they say about clueless people generally having good luck when it comes to [March Madness pools]. I don’t buy it.”

PRETTIESTBOY.BLOGSPOT.COM SAYS THAT EVERY YEAR SHE IS “ASKED BY SOME SPORTS NUT WHO SEES MARCH MADNESS POOLS AS A CHANCE TO ROB ME TOTALLY BLIND.”

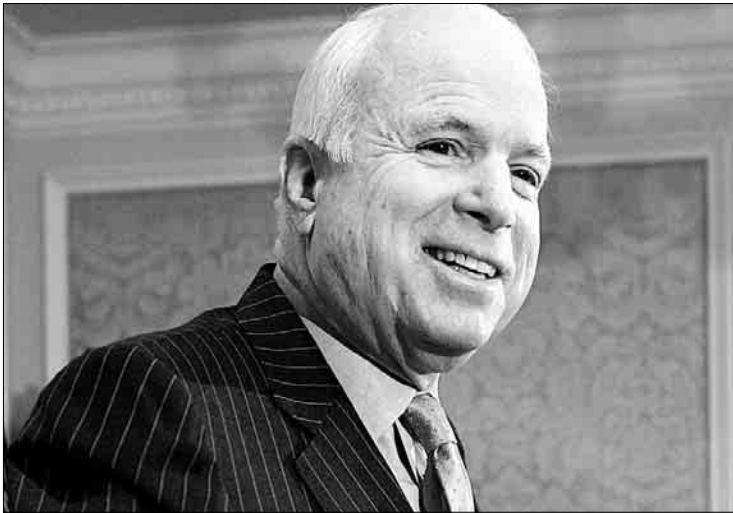
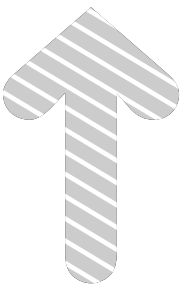


PHOTO CREDIT

“I think the truth of the matter is that you are looking for reasons to dislike John McCain, which is why you’re taking his declining of invitations personally.”

A REDSTATE.COM COMMENTER TAKES THE BLOG TO TASK FOR OPPOSING SEN. JOHN MCCAIN’S WHITE HOUSE BID. MCCAIN HAS ROILED SOME CONSERVATIVES FOR SKIPPING THEIR EVENTS.



“SUBSTANCES other than water don’t start out with zero calories. Particularly not substances that are so sweet. ... What kind of crazy chemicals have to go into the beverage to eliminate all those calories?”

BARZELAY.NET QUESTIONS THE HEALTH VALUE OF COKE ZERO.

“THE THREE commuters closest to me that had window seats were all sleeping. [O]ne in front of the other, their heads leaning against the window, [I] couldn’t help but wish [I] had those little airplane pillows and blankets to tuck them in.”

S-INTHECITY.BLOGSPOT.COM NOTES THAT MONDAY MORNING COMMUTERS DIDN’T ADJUST WELL TO THE RECENT TIME CHANGE.

“THIS IS MADONNA’S idea of ‘proper security measures’? I know she’s insane, but she might as well replace his favorite rubber ducky bath toy with a toaster.”

THESUPERFICIAL.COM THINKS MADONNA MIGHT NOT BE THE BEST MOTHER, FOLLOWING PHOTOS TAKEN OF HER IN A VEHICLE WITH HER ADOPTED CHILD IN HER LAP.

Live Online

March Madness

The Post’s MICHAEL WILBON was online Monday to discuss the NCAA tournament — and offer his pick for who will win it all at the end of March Madness.



This may be splitting hairs, but I thought that Georgetown earned a No. 1 seed by being the outright champs of the Big East. The committee chairman said Kansas was a No. 1 because it won the Big 12 regular season and

made the final. How can he justify Kansas and not give Georgetown the same due?

Because the committee members are enamored of the teams that make up college basketball royalty. This could work in favor of Georgetown, however. The Hoyas, good as they are, ought to go into the tournament with a chip on their shoulders. I’d take Georgetown over Kansas seven times out of 10.

Besides Florida, who do you think has a decent shot in the Midwest?

I don’t really see anybody challenging Florida in its region. I suppose Maryland on the best night of its life could do it, but I don’t see Florida

losing early.

Who do you like in Ohio State’s bracket?

I like Texas A&M and Louisville, which isn’t good, since they’ll play each other in the second round. Louisville will be essentially playing at home, in Lexington, where its archrival Kentucky plays. But a site close enough to draw its rabid fans.

Who wins it all?

Georgetown over Florida, it says on my bracket.

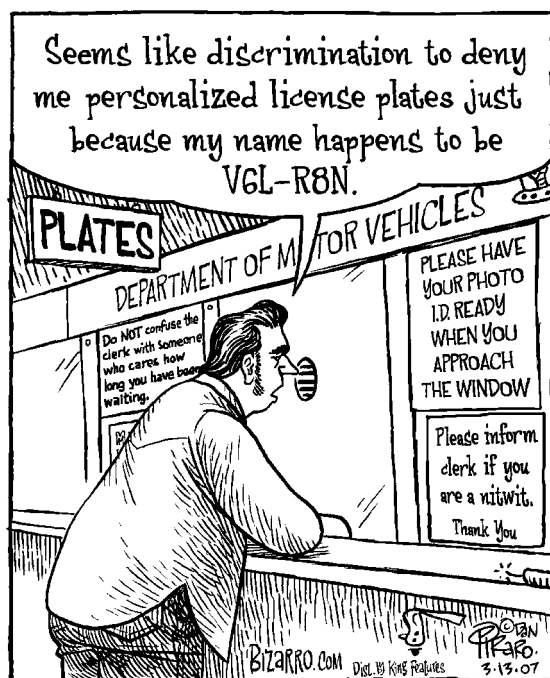


TODAY ON LIVE ONLINE: Katharine McPhee, “American Idol” runner-up from Season 5, talks about life since the show at 3 p.m. | [washingtonpost.com/liveonline](http://washingtonpost.com/liveonline)

DON’T

TRY TO MEMORIZE THE DIGITS OF PI. Though Pi Day ([piday.org](http://piday.org)) organizers say “Pi memorization is fun and popular,” we disagree: It is neither fun nor popular. But on Pi Day on Wednesday (3/14, oh so clever!), at least give the irrational number its props.

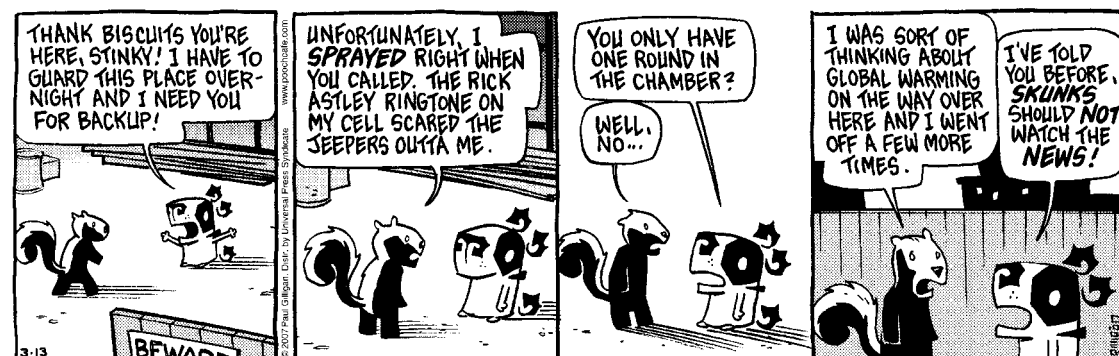
### Bizarro | Dan Piraro



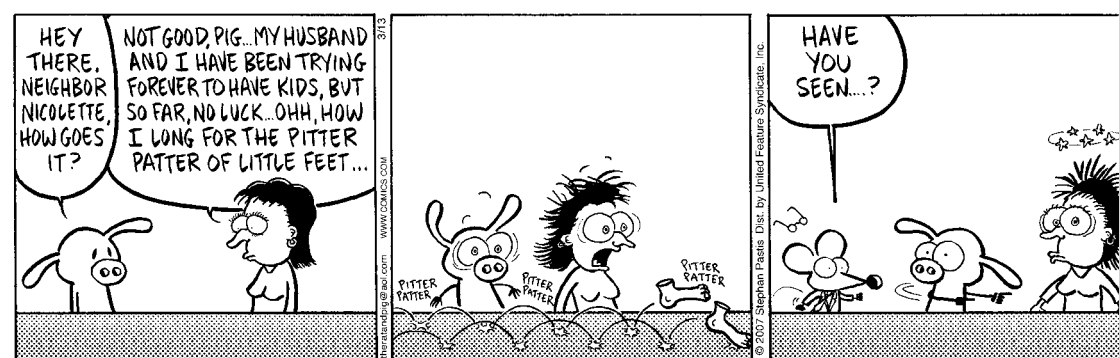
### Cornered | Mike Baldwin



### Pooch Cafe | Paul Gilligan



### Pearls Before Swine | Stephan Pastis



### The Duplex | Glenn McCoy



## Horoscope

By Stella Wilder

**PISCES (Feb. 19-March 20)** Make sure you get enough sleep. It will be impossible for you to accomplish all you have to do without the proper rest.

**ARIES (March 21-April 19)** You may have a tendency to be crabby and unreasonable with those around you. Remember, it is nothing but a mood swing; it will pass.

**TAURUS (April 20-May 20)** Be careful not to lecture others too much. You may find you can get much further with fewer, more carefully chosen words.

**GEMINI (May 21-June 20)** Someone needs your help with something work-related. Roll up your sleeves and dive right in; you have a lot to offer.

**CANCER (June 21-July 22)** Though it is in your nature to avoid rudeness in all situations, this may present a challenge. Say your piece, but avoid anger.

**LEO (July 23-Aug. 22)** Be careful what you say to people; misunderstanding can lead to trouble — and you may not

even be aware of it until it is too late.

**VIRGO (Aug. 23-Sept. 22)** You may feel like jumping into something new with reckless abandon. It would be best to weigh options and make a careful choice.

**LIBRA (Sept. 23-Oct. 22)** You are able to respect authority without feeling threatened, and this can pay off handsomely for you — and will be noted.

**SCORPIO (Oct. 23-Nov. 21)** Others may feel threatened by your outgoing nature and your willingness to get along with the world at large. Don't let them get you down.

**SAGITTARIUS (Nov. 22-Dec. 21)** You have a great desire to see the world through rose-colored glasses. However, you may get a healthy dose of reality.

**CAPRICORN (Dec. 22-Jan. 19)** Be careful not to let your instincts for self-sufficiency hurt someone else's feelings. He or she is trying to do something nice for you.

**AQUARIUS (Jan. 20-Feb. 18)** Once your mind is set on something, nothing in the world can make you budge. Try, however, to give a little; it's in your best interest.



Seventeen roses, one for each of the dead, lay near Dunblane Primary School in Dunblane, Scotland, two days after a gunman opened fired on a class in 1996.

## Today in History

**1781** The planet Uranus is discovered by Sir William Herschel.

**1884** Congress adopts Eastern Standard Time for the District of Columbia.

**1933** Banks begin to reopen after a "holiday" declared by President Roosevelt.

**1964** Bar manager Catherine "Kitty" Genovese, 28, is

stabbed to death near her New York City home; the case generates controversy over charges that Genovese's neighbors failed to respond to her cries for help.

**1969** The Apollo 9 astronauts splash down, ending a mission that included the successful testing of the Lunar Module.

**1996** A gunman bursts into an elementary school in Dunblane, Scotland, and opens fire on a class of kindergartners, killing 16 children and one teacher before killing himself.

**WRITE TO EXPRESS:** Include name, hometown and telephone number. Submissions may be edited. E-mail to [inbox@readexpress.com](mailto:inbox@readexpress.com) or mail to Express Letters, PO Box 17370, Arlington, VA 22216.





MARK J. TERRILL/AP

"I don't photograph nearly as well as my super-hot girlfriend, Bar Refaeli."

## TOURISM

### Only Feel-Good Story From The Middle East This Year

**LEONARDO DICAPRIO** arrived in Israel with supermodel Bar Refaeli this weekend, creating a paparazzi storm. The 32-year-old actor and Refaeli, 21, have been romantically linked for about a year. The pair eluded their pursuers in Jerusalem, where they paid a visit to the Yad Vashem Holocaust memorial. They later visited the Western Wall. (AP)

## ADVOCACY

### Ashley Judd: A Role Model For All Indian Sex Workers



Helping women understand their rights is crucial in the fight against HIV/AIDS, said **ASHLEY JUDD**, who's in India to promote awareness of the problem. The 38-year-old Hollywood actress met sex workers in Mumbai, India's, financial and entertainment capital after her arrival Saturday. (AP)

## OPERATIONS

### Cure Him Of Kelly, Too

**REGIS PHILBIN**, co-host of "Live With Regis and Kelly," announced on Monday's show that he will have heart bypass surgery this week. "Well, listen, I gotta tell you something. ... I had been feeling chest pains, you know, and, uh, shortness of breath and all those little symptoms that you hear about," Philbin, 75, told his TV audience. His co-host, Kelly Ripa, said she planned to give Philbin special attention. (AP)



STUART RANSOM/AP

## LIMBS

### Bet She Does It to Get Money

When **HEATHER MILLS** makes her debut on "Dancing with the Stars" March 19, gamblers may be eagerly hoping the 39-year-old's prosthetic leg pops off while she's strutting her



stuff. The gaming site bodog.com started taking bets with, "no" as the favorite, Reuters reported. (EXPRESS)



DAVE HOGAN/GETTY IMAGES

"I don't like your drug laws, but I dig your cheap, yet stylish furniture."

## SUBSTANCES

### Rapper to Pen Future Hit, 'Smoking Up in Stockholm'

**SNOOP DOGG** was held by Swedish police overnight on suspicion of using illegal narcotics but was released after questioning and drug tests. The artist was heading to a party after a concert when police stopped the car he was in around 1:30 a.m. Police said he and a companion showed signs of drug use and were taken to a police station. He was released shortly after 5 a.m. but could face a fine if his drug test comes back positive. (AP)

## RELATIONSHIPS

### Mandy to AM: 'I Don't Want to Be With You'

All the ladies who avoided hitting on DJ AM this weekend at RFK's Shamrock Fest because they feared the wrath of **MANDY MOORE** should have gone for it. The 33-year-old turntable master and 22-year-old actress/singer called off their burgeoning romance about two weeks ago, according to People.com. It never looked all that promising — at the premiere of her movie "Because I Said So," Moore told reporters, "I don't enjoy dating in the public eye. I don't even really enjoy dating." She's also been involved with Zach Braff. DJ AM was once engaged to Nicole Richie. (EXPRESS)



JEFF CHRISTENSEN/AP

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# LOOK out

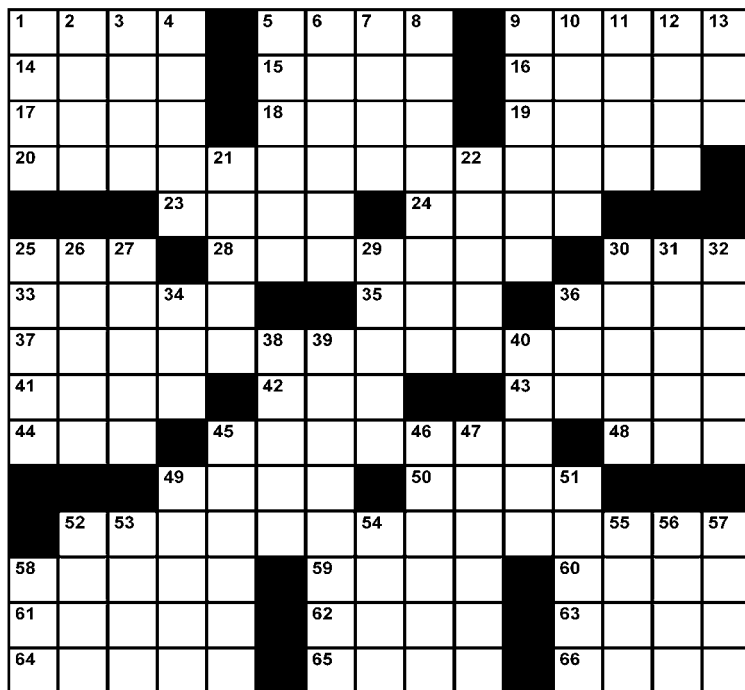
## Cold Comfort

### ACROSS

1 Puts suddenly, as a question  
5 Sixth-day creation  
9 Martin or Lawrence  
14 It could provide a pat on the buns  
15 Solemn observance, e.g.  
16 Anecdotes  
17 Air  
18 Grand poetry  
19 It's valuable  
20 North and south, e.g.  
23 Agitate  
24 Comically off-the-wall  
25 Expected to arrive  
28 Assorted  
30 Zebra kin  
33 Da Gama destination  
35 Took the bait  
36 One in an old empire  
37 Hardly a warm welcome  
41 Bloodsucking arachnid  
42 "So, there you are!"  
43 Disputed matter  
44 Bright, as a pupil  
45 Unseen troublemaker  
48 Make a wrong choice, e.g.  
49 Cool off like a boxer  
50 Rainfall

### DOWN

52 Take a break  
58 "\_\_\_ Attraction" (1987)  
59 Lead, for one  
60 Computer image  
61 Fanny of the Ziegfeld Follies  
62 "\_\_\_ Rhythm"  
63 "Buzz off!"  
64 Like some triggerfingers  
65 Frightens  
66 Grant's landmark  
1 Ceremonial elegance  
2 Salmagundi, e.g.  
3 Sunburn aftermath  
4 Submarine tracker  
5 Nipple ring  
6 Big or Little in the sky  
7 Resting on  
8 One era  
9 Sloppy eaters' problems  
10 Scrumptious  
11 Word in a conditional statement, perhaps  
12 Vivid twosome  
13 Md. setting  
21 Be in competition with  
22 Recipe direction, sometimes  
25 Forma pronouncements



26 Not very cool  
27 \_\_\_ of Nantes, 1598  
29 Type of iron girder  
30 Absinthe flavoring  
31 Scrub strenuously  
32 More sound  
34 Variety  
36 Part of FWIW  
38 Adventurer's inventory  
39 Pretentious speech  
40 Small amount

45 Ship's kitchen  
46 Stay off the radar  
47 Some blowups  
49 Hunt illegally  
51 Yegg's job  
52 Option for golfers  
53 Involving the ear  
54 NASA scratch  
55 Kind of cardiogram  
56 Appear imminent  
57 Highbrow  
58 Department of Justice div.

### Yesterday's Solution



## Su | do | ku

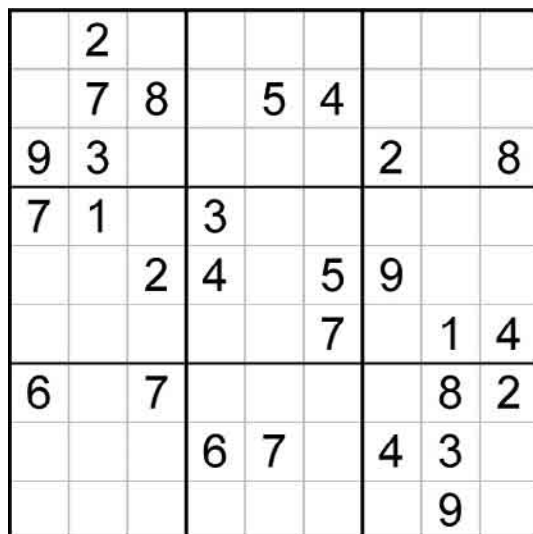
Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see [www.sudoku.com](http://www.sudoku.com)

### Yesterday's Solution



**Need more Su|do|ku?**  
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.



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Robert Hein and Deborah Fenwick

Little did I know that my neighbors' pestering me to go to HealthFair would save me from having a stroke. Ray, who lives next door, had gone to HealthFair in December, where they found a large aneurysm on his aorta. With urgent surgery, the HealthFair test saved Ray's life. After that, every time I saw Barbara, Ray's wife, she asked me when I was going to HealthFair to get tested. In April 2006 I finally agreed to go, and I am very glad I did. The HealthFair technician found that I had a very clogged carotid artery and told me to see my doctor immediately. I was shocked. I always have regular and vigorous physical exams. I'm 63 years old, slim built, don't smoke, eat a fairly low-fat diet, and exercise regularly. I ride my bike 25 miles twice a week, play softball four days a week, and play golf. I have normal blood pressure, normal cholesterol, and a healthy heart. Within a week of the HealthFair screening, I was in Ocala Regional Hospital having surgery on the clogged artery. Many of the hospital staff were surprised by my condition considering my otherwise good health. My surgeon, Dr. Earl Stewart, told me the artery was over 80% blocked and the plaque unstable. He was surprised that I hadn't already had a stroke, and was sure I would've had one soon without surgery. Within a week of surgery, I was up and able to resume my normal activities. HealthFair provided a miracle for me and my neighbor, Ray. I think everyone should have the screening. It's the best money I have ever spent. Sincerely, Robert Hein.



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Accreditation means that HealthFair has volunteered to undergo a challenging, comprehensive evaluation.

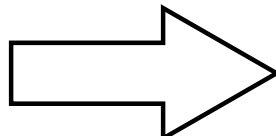
Whenever and wherever you receive health care, look for the JCAHO gold seal of approval.

# ULTRASOUND TESTS OF THE HEART AND ARTERIES

|   |  |   |  |  |
|---|--|---|--|--|
| <b>Fairfax, VA</b><br>March 15th<br><b>Comfort Inn University Center</b><br>11180 Fairfax Blvd. | <b>Falls Church, VA</b><br>March 16th<br><b>Falls Church Community Center</b><br>223 Little Falls St.. | <b>Bethesda, MD</b><br>March 17th & 31st<br><b>Ayrlawn YMCA</b><br>5650 Oakmont Ave.                  | <b>Rockville, MD</b><br>March 20th<br><b>Sheraton Rockville Hotel</b><br>920 King Farm Blvd.         | <b>Sterling, VA</b><br>March 21st<br><b>Hampton Inn Dulles/Cascades</b><br>46331 McClellan Way |
| <b>Gaithersburg, MD</b><br>March 22nd<br><b>Courtyard by Marriott</b><br>805 Russell Ave.       | <b>Burke, VA</b><br>March 23rd<br><b>Accotink Unitarian Universalist Church</b><br>10125 Lakehaven Ct. | <b>Landover, MD</b><br>March 24th<br><b>Courtyard New Carrollton Landover</b><br>8330 Corporate Dr.   | <b>Rockville, MD</b><br>March 27th<br><b>Rockville Presbyterian Church</b><br>215 W. Montgomery Ave. | <b>Vienna, VA</b><br>March 28th<br><b>Residence Inn</b><br>8400 Old Courthouse Rd.             |
| <b>Chevy Chase, MD</b><br>March 29th<br><b>Chevy Chase Athletic Club</b><br>5454 Wisconsin Ave. | <b>Springfield, VA</b><br>March 30th<br><b>Comfort Inn</b><br>6560 Loisdale Ct.                        | <b>McLean, VA</b><br>April 2nd<br><b>Trinity United Methodist Church</b><br>1205 Dolley Madison Blvd. | <b>Alexandria, VA</b><br>April 3rd<br><b>Hampton Inn</b><br>5821 Richmond Hwy.                       | <b>Silver Spring, MD</b><br>April 6th<br><b>Residence Inn</b><br>12000 Plum Orchard Dr.        |

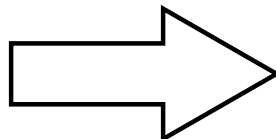
## HEART ATTACK PREVENTION PACKAGE

ECHOCARDIOGRAM  
ULTRASOUND TEST



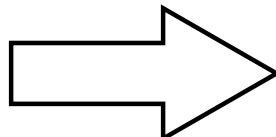
Echocardiogram is a video ultrasound of the heart. It may detect enlargement of the heart, valve abnormalities, blood clots and tumors.

ELECTROCARDIOGRAM  
(EKG) TEST



EKG may detect ischemia, silent heart attack and atrial fibrillation. EKG provides a picture of the electrical activity of the heart.

HARDENING OF THE  
ARTERIES (ASI) TEST



Hardened arteries cause the heart to work harder, which leads to vascular disease. ASI test shows the degree of hardening of the arteries.

ALL 3 TESTS



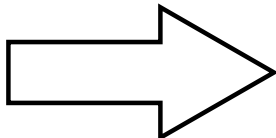
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These cardiac tests are painless and non-invasive. The combined cost is more than \$1,300 at most hospitals.

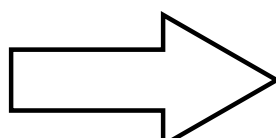
## STROKE & ANEURYSM PREVENTION PACKAGE

STROKE/CAROTID ARTERY  
ULTRASOUND TEST



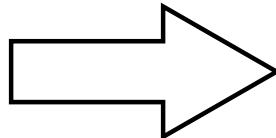
Many strokes are associated with blockages in the carotid arteries that may be detected with an ultrasound.

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## When a Lover Demands Too Much From You

**Q** My boyfriend was recently injured skiing. His injury was not life-threatening, but he has had to work from home, can't go grocery shopping, etc. We have grown closer during this time, but I've also become his personal assistant, and he seems to take that for granted. As a feminist, I'm having trouble reconciling the fact that I am bringing him the remote control and cooking him dinner with barely so much as a thank-you. I feel used.

— NOT A STEPFORD WIFE



"Hey sweetie – while you're up, mind topping off my drinky-poo?"

seriousness not by choice, but by the existence of a patch of ice. Taking care of someone in a spouse-like way when you are not ready to play the role of spouse-like spec-

imen can lead to resentment. So, have a conversation with yourself about where you are in your feelings for him, and if you were ready to go from ordering martinis togeth-

er to washing his underwear. Even more important, talk to him about your feelings. Whether he's stressed and has become overly reliant on his girlfriend out of desperation, or whether he's a raging misogynist just waiting for the right opportunity to start the constant demands for meatloaf, you can't know for sure until you see how he reacts. In an ideal relationship, when one person falters, the other person is there and knows that appreciation will be as well. Can you talk to him about your concerns, and can he handle them to your satisfaction? If not, you'll be glad you found out now.

**Q** Is there a reason to give a serial cheater a fourth chance?

— WONDERING

Here's a quick test. Do you enjoy hemorrhoids and root canals?

Cheating is not only a loaded, pain-inflicting act but it's also a symptom of a deeper problem. One of the rare ways a relation-

ship can make it through Episode 1 is if the cheater faces that deeper trouble honestly and rectifies it — in addition to making amends rather than excuses. It's hard to imagine that someone who stars

**It's less about the zipper and more about the refusal to face the emotional issues.**

in two "Cheater: the Sequels" has done that, or that it'll get easier to change rather than harder. At that point, it's less about the zipper and more about the refusal to face the emotional issues that are screaming to be dealt with.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

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## Up Your Roll-Ups

**THE PROBLEM WITH** most fruit is that you can't hang it from your mouth like an enormous tongue or slurp it down like a sticky noodle. Such is the draw of FruitaBü Organic Smoooshed Fruit Twirls (\$3.69 to \$3.99 for boxes of six). The long, leathery strips, rolled onto paper backings, let children toy endlessly with their snack before devouring it. There's no added sugar, so they're pleasantly tart (especially the apple flavor; there's also grape and strawberry) and less sweet than your standard grocery-store roll-up. Each Twirl amounts to one day's serving of fruit—and some majorly sticky fingers.



NEW  
IN HEALTH  
**warm  
ups**

## Stella Trappings

**DECREPIT UMBROS** and a sweat-stained T-shirt do the trick, but you'd look way better on the court in workout wear by Stella McCartney. The fashion darling has just released her fifth season of sporting attire for warmer weather, including this stunning tennis dress (\$160, shopadidas.com). Also new for 2007 is her foray into yoga clothing. You'll go gaga for the yoga tank (\$100), with its double-layer look and a drape of fabric hanging off the back.



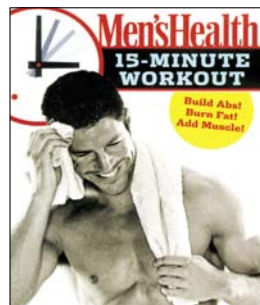
## Colorful Cooldown

**CYCLISTS OF ALL STRIPES** are rolling into town this week for the National Bike Summit (March 13-16, bikeleague.org), but whatever their favorite color is, chances are they're getting a Polar Bottle to match. The Colorado-based company, which hawks super-insulated water bottles that boast a double-walled construction and a reflective foil layer, is donating 400 of its new 20 ounce containers to the event. There's a hue to please just about anyone: red, blue, white, green, purple and yellow. Buy them at REI, L.L. Bean or the Container Store for \$9.



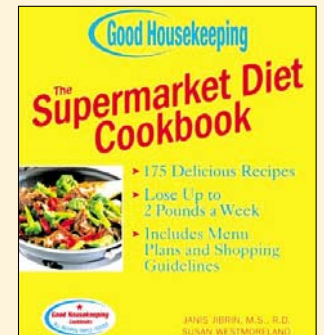
## Guy-ding Fitness

**DUDES AND WORKOUT DVDS** don't usually mix, but Men's Health is out to change that with its "15-Minute Workout" (\$15). Instead of the usual perky blonde, viewers follow Terry Simpson, a no-nonsense guy who leads four 15-minute segments—total body conditioning, core, lower body and fat-burning (but with weights and jump ropes—none of that dancing and prancing stuff).



PRODUCTS

## GuineaPig



## Get the Grocery Cart Started

**RICE CAKES DON'T** require turning on the stove, but eating blah meals might drive you back to your fast-food ways. Diet dishes can be yummy and homemade, though, declares Good Housekeeping, which recently released "The Supermarket Diet" and "The Supermarket Diet Cookbook."

Instead of promising to knock off 50 pounds instantly, the books aim for moderate, gradual weight loss through eating whatever you want—but watching calories. The diet offers an aisle-by-aisle tour of a supermarket to show you what to stock, and then gets to cooking stuff you might actually enjoy, like chicken salad and black bean burritos.

For more grub, we gave the cookbook a whirl and fell for the veggie chili with butternut squash and a spicy shrimp (whole-wheat) pasta. The only downside: Watch your portions, or you'll never slim down. JESSICA MILCETICH (EXPRESS)

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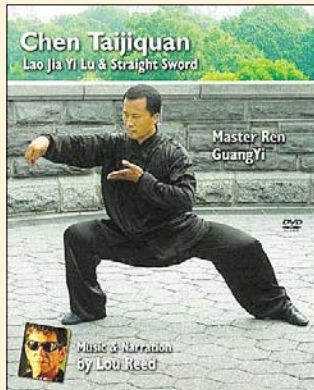
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| THE REVIEWS

## MixedMedia



## Reed &amp; Ren

**TEAMING MASTER** Ren Guang-Yi with friend and disciple Lou Reed on the exercise DVD "Chen Taijiquan" would seem like an inspired idea — injecting a dose of iconoclastic star power into the standard-formula exercise tape.

But for those expecting to see Reed do Taijiquan, forget it. And for those hoping to hear a cutting-edge Reed soundtrack, forget it. And for beginners awaiting a by-the-numbers walk-through of Master Ren's style of Taijiquan, double forget it.

Filmed in New York's Central Park, "Chen Taijiquan" features Master Ren demonstrating the Chen style (one of five styles of tai chi) almost seamlessly, accompanied by Reed's minimalist score. In fact, Master Ren performs the entire 75-movement form and the 49 postures of "Straight Sword" form without a break.

Although beautiful to look at, this teaching method isn't particularly helpful for those hoping to see the movements broken down into segmented, real-time sequences, in order to follow along.

And as for Reed fans, the enigmatic rock icon appears only briefly, and the background music is a repetitive electronic soundtrack. Although the viewer has the option of choosing between two modes — "centering" or "energy" music — the overall effect of the music is disappointing, considering the tantalizing possibilities.

For advanced practitioners, this might be worth a look. For the uninitiated, keep on walking.

JANET CROMLEY (LOS ANGELES TIMES)



Billy Hughes looks on as 25-year-old Amy Lee shows off her vault at a parkour practice at Primal Fitness last week.

# No Fear of Flying

Primal Fitness brings parkour training into town

**If James Bond just jogged and lifted weights, he'd probably be dead. But 007 and his fellow action movie heroes somehow acquired the ability to shimmy up walls, leap from rooftops and soar over scaffolding to capture evildoers. These are feats the average shmo can manage, too — even without the stuntmen and special effects — with enough trips to Primal Fitness.**

The Brookland facility, which opened in January, is one of the first gyms in the world dedicated to parkour, the art (invented in France) of maneuvering as quickly as possible through any environment. "People give these drawn-out explanations for what parkour is. But it's like tag. You're not going to get caught, so you just keep moving," says co-owner Mark Toorock.

While in the outside world that would mean instantly judging the surroundings to figure out which car to dive over or where to get a handhold on the side of a skyscraper, the gym offers a more controlled

environment, which is conducive to drilling key skills.

So, Toorock sets up courses, such as a piece of wood in front of a vault, and then directs students on how to navigate the obstacles. In this case, that means running, placing one foot on the plank, leaping over the vault and then landing in a roll. (Rolling in parkour, unlike gymnastics, is done at a 45-degree angle so you don't crack your spine on concrete surfaces.)

It's trickier than it sounds,

because any hesitation or stutter steps kill momentum. The idea, Toorock explains, is to get accustomed to making precise movements that can be adjusted according to the situation. "You can't redesign a building on the fly," he says.

But you can hurl your body through the air in tons of ways, which is another lesson students learn thanks to vaults of varying heights and a set of bars. Or, they can aim themselves straight into a wall with a cat leap, a move which

requires catapulting your body high enough to grip the top of a wall and then pulling yourself up and over.

"For me, parkour is about getting over your fears," says 26-year-old Terrence Chau, who's been taking classes for two months. He's already capable of soaring pretty high for a guy who claims to be scared of heights. "You're running at that wall

## HOW TO GET PRIMAL

Primal Fitness is located at 903 Girard St. NE. Its "Primal Fitness" class is offered four times each weekday and once on Saturdays. Parkour classes are Tuesday and Thursday nights, as well as Saturday mornings. It's \$20 for a drop-in visit, or \$120 for a month of unlimited classes. For more info, call 202-635-1941 or check out primal-fitness.com.

and, normally, you would stop. But in this class, you keep going."

It's also about being in shape, because without strength, agility, accuracy and cardio endurance, you're toast. Every class starts with conditioning, which usually includes squats (key for jumping and landing safely), pull-ups (so you can get over a wall after a cat leap) and burpees, which are a brutal squat-push-up-jump combo awesome for overall strength.

Much of the fitness philosophy comes from CrossFit, a rapidly growing program that mixes up Olympic weight lifting, kettlebells, sprints and more (see box above for the newest program in the D.C. area). The gym's "Primal Fitness" class is mostly CrossFit with a few parkour tweaks that aims to optimize students' functional fitness.

It sure beats chasing nefarious criminal masterminds. But Primal Fitness will get you ready to do that, too. VICKY HALLETT (EXPRESS)



This machine needs to rest in peace.

## Ghosts in the Machines

■ There's no such thing as a miracle device to get into shape, says Jerry Hill, the owner of Old Town Alexandria's new CrossFit Challenge (305 Hooff's Run Dr., 267-250-0835, crossfitchallenge.com). So, as an introductory offer for his business, Hill is asking folks to dump any dust-gathering fitness gizmos they have into his "Fitness Cemetery," aka his family's backyard. Plots start at \$5, depending on the size of the object, and anyone who offers up something for burial gets 25 percent off the monthly membership fee (\$50 off the usual \$197). "People have been sold on the quick and easy," explains Hill. His program, like other CrossFit affiliates in the area, is anything but easy, as he directs students through grueling sessions of push-ups, chin-ups, lunges, bear crawls and more. No one has taken him up on the graveyard plot concept yet, but we'd love to see the tombstones people can come up with for their long-forgotten Thigh Masters. v.h.



# Phys Ed | fit



## A Very Tall Order

Stand up straight to look leaner and move faster

**Fixing your posture is worth thinking about. It can make you look taller and slimmer, and it can improve your energy and digestion.**

Make a few fixes to your fitness routine by incorporating these exercises from five posture-enhancing techniques to straighten yourself out.

### STRENGTH TRAINING

#### Seated Stability Ball Row

**POSTURE PAYBACK:** It strengthens upper back and shoulders to keep them from rounding forward.

**HOW TO DO IT:** Sit on a stability ball with your knees bent, feet flat on the floor, and your neck in line with your back. Grip a 5-pound dumbbell in each hand with your palms facing each other and your elbows bent at 90-degree angles. Row the weights to your sides, squeezing your shoulder blades together. Do three sets of 10.

### ALEXANDER TECHNIQUE

#### Spinal Stretch

**POSTURE PAYBACK:** It will help elongate your spine.

gate your spine.

**HOW TO DO IT:** Lie on a mat with your knees bent and your feet flat on the floor. Support your head with a small pillow and, with your eyes open, let your body sink into the mat as you focus on lengthening your spine. Think of your pelvis releasing away from your head. Allow yourself to breathe deeply and continue for 20 minutes.

### PILATES

#### Stomach Massage

**POSTURE PAYBACK:** It stretches the back, strengthens abs and legs, and aids circulation and digestion.

**HOW TO DO IT:** Balance on your tailbone with knees bent shoulder-width apart and toes resting lightly on the mat. Reach forward with both arms and lift your spine up. Stretch your legs out and twist your upper body to follow the reach of one arm behind you. Inhale as you reverse the twist, pulling your knees back toward your chest and touching the mat with your toes. Repeat on the other side and do three to five sets.

### BALLET

#### Bosu Angels

**POSTURE PAYBACK:** It stretches and opens chest muscles, pulls the shoulder blades down and elongates the neck.

**HOW TO DO IT:** Lie face up on a Bosu with your bra strap hitting the center of the Bosu, your knees bent and your abs engaged. Sweep your arms outward and upward, as if you're making a snow angel. Hold 30 to 40 seconds.

### YOGA

#### Prayer Pose

**POSTURE PAYBACK:** It stretches your spine, arms, shoulders, glutes and hamstrings and it helps straighten your spine and neck.

**HOW TO DO IT:** Start on all fours, with your knees and feet about a foot apart. Tip your butt bones up and move your torso back so your hip bones rest on your thighs. Walk your hands out, keeping palms flat, until your forehead rests on the floor. Let your spine lengthen and your pelvis rise up behind you. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH © RODALE INC.)

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| THE EXPERTS

## ChewOnThis

## Vegging Out

**Q** If I end up not getting enough veggies in my diet for one day, is drinking V8® or another veggie drink a good and lazy way to make up for it?

**YOU CAN GET BY** "drinking" your vegetables for a day or so, but nothing beats the nutrition in whole foods. Steamed or raw, whole veggies offer fiber and beneficial phytochemicals that you simply cannot get from chugging a can. And, if you're watching your sodium intake, you'll want to make sure to choose reduced-sodium versions of the drink. If you enjoy a veggie juice blend as an on-the-go pick-me-up, there's no need



to nix the habit. On the plus side, V8® juice is low in calories (just 20 calories per 8-ounce serving) and does contain vitamins such as A, E and C. You can also choose the calcium-fortified version for a bonus — most adults fall short on this important nutrient. But don't give up on the real stuff. If you plan ahead, getting your daily dose of veggies can be a breeze. Stash frozen mixed vegetables in your freezer for dinnertime so you don't need to worry about moldy produce. Some brands now come in microwavable bags — talk about easy! Take mini-carrots and pre-cut broccoli and cauliflower with you to work, or keep a pint of cherry tomatoes on your desk and snack your way to better health!

**Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com**



mixture of 1 teaspoon of paprika, 1 teaspoon of thyme, 2 tablespoons of ground flaxseed and 1/2 cup of flour. You'll get 4 g of fiber, thanks to the flaxseed.

→ Go wild when you make rice. Cup for cup, wild rice has three times the fiber of white.

→ Doctor your favorite jarred pasta sauce with 1/2 cup of frozen chopped spinach. The spinach will adopt the flavor of the sauce and pad the fiber

**Sweet potatoes have more fiber than typical Idaho spuds.**

count by more than 2 g.

→ Prepare whole-wheat or spinach pasta instead of the regular semolina kind. A cup of either has 5 g of fiber.

→ Cook your broccoli, cauliflower, and carrots and you'll take in 3 g to 5 g of fiber per serving, up to twice what you'd have gotten had you eaten them raw. (Heat makes fiber more available.)

→ Use uncooked oatmeal instead of bread crumbs in your next meat loaf. Add 3/4 cup of oats per pound of ground meat and you'll boost the total fiber count to more than 8 g.

→ Top a bowl of ice cream with sliced fresh berries in lieu of syrup. A half-cup of raspberries provides 4 g of fiber; strawberries and blueberries pack half that amount.

→ Introduce your piehole to a slice of apple, cherry, or berry pie and you'll be up a couple of grams of fiber. Cake doesn't have nearly as much fiber — unless you eat the candles. ELIZABETH WARD (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

# Fast Fiber Fixes

Up fiber intake without overhauling your diet

**If a rabbit doesn't eat enough high-fiber foods, its teeth may grow uncontrollably, piercing the roof of its mouth and knifing the base of its brain.**

Your brain is safe, but we're not so sure about the rest of your body. Forgo the fiber and you extend an open invitation to several different cancers. You also raise your risk of diabetes and heart disease by up to 20 and 40 percent, respectively. And in the fate-worse-than-death category, you increase the odds that you'll end up fat and impotent. So

while you may not die like a bunny rabbit, you won't be doing it like one, either.

Notice, we haven't even mentioned the c-word (constipation).

But even if you have the will to eat more fiber, you almost certainly don't have the way. Especially since the recommended daily dosage was recently raised from 25 to a throat-choking 38 grams. The obvious solution — eating 19 slices of whole-wheat bread a day — isn't practical. What you need instead is subterfuge. Dietary deception. In other words, this

plan for smuggling more roughage into your life.

→ Toss 1/2 cup of chickpeas into a pot of your favorite soup. They'll take on the flavor of the soup and tack 6 g of fiber to your bottom line.

→ Swap a sweet potato for your standard spud. Sweet potatoes have 2 g more fiber per tuber than the typical Idaho variety. Not a fan? At least eat the skin of the regular potato — it alone has 1 g of fiber.

→ Shake 'n' bake some fiber into your chicken by coating it with a

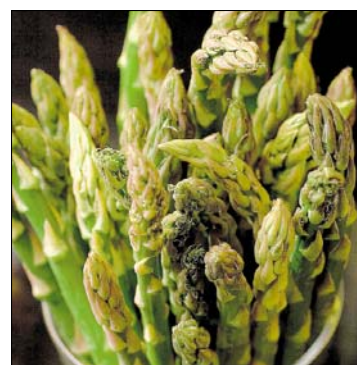
## Stoked for Stalks

■ Asparagus With Rosemary, Serves 4

**COOK TIME:** 15 minutes

**INGREDIENTS:** 2 pounds fresh green, purple or white asparagus, bottoms trimmed, peeled if tough; 1 tablespoon extra-virgin olive oil; 1 teaspoon coarse sea salt; 3 sprigs fresh rosemary; 3 bay leaves, preferably fresh.

**GETTING STARTED:** In a skillet large enough to hold the asparagus in a single layer, combine the asparagus, oil, salt, rosemary and bay leaves. Sprinkle with 3 tablespoons of cold water. Cover and cook over high heat just until the oil and water mixture begins to sizzle.



Reduce the heat to medium and braise the asparagus, covered, turning from time to time, until the asparagus begins to brown in spots, about 8 to 10 minutes. Cooking time will vary based on the thickness of the asparagus (many believe thicker stalks are juicier and sweeter). Serve immediately.

**# PER SERVING: 68 calories, 3 g protein, 8 g carbs, 4 g fat, 594 mg sodium, 5 g fiber.**



# When Zits Don't Stop

Acne won't plague your adult years with the right skin treatment

**Just when you thought you were done with pimples, those unwelcome eruptions show their pus-filled little faces again.**

Maybe you were thinking of a little Botox, and now you are wondering whether that stuff singer Jessica Simpson hawks on infomercials is a more prudent investment.

"My patients find their adult acne very cruel," says Dr. Robin Evans, a Stamford, Conn.-based dermatologist. More than half of her acne patients are adults, most of them women. "Without fail, they will say to me, 'How come I have to deal with wrinkles and zits?'" The answer, doctors say, is probably found in fluctuating hormones, the personal makeup of our complexions and genes. Adult onset acne tends to be more prevalent in women, often flares during the menstrual cycle and can be aggravated by hormonal changes associated with aging in both sexes.

"We don't know exactly why we get adult acne, but the idea that it is something that's confined to adolescence is a complete misnomer," says Dr. Stuart Bender, chief of dermatology at Norwalk Hospital and an assistant clinical professor at Yale University Medical School. "While teenage acne tends to be more severe, you can't tell my adult patients that their problem isn't serious. As traumatic and devastating as teenage acne can be, it



is seen as normal for prepubescent kids. For adults, it's something we think we should have been done with long, long ago."

The first step in treatment, says Dr. Henry Gasiorowski, a dermatologist in Greenwich, Conn., is helping the patient understand she is not to blame. Acne, like so many other medical conditions, can be aggravated by stress. "I tell my patients straight up, it wasn't eating

too much chocolate, pizza, french fries or being dirty that caused it," Gasiorowski says. "A lot of that is just pure myth. There is just no clinical evidence to support it." Then patients can begin exploring medications and cosmetic procedures that can help.

Typically, doctors prescribe a combination of cleansers and topical serums with proven acne-fighting ingredients such as ben-

zoyl peroxide and glycolic acid. The moisturizer Renova and topical Retin-A (both available by prescription) are also potent weapons in smoothing fine lines. "So, at least I can tell my adult acne patients we can do something for their wrinkles, too," Evans says.

Yet, those potent topicals can be drying, which is one reason why moisturizer, although it might seem counterintuitive, is often in order. "Really dry skin is actually vulnerable to acne," Gasiorowski says. "It can cause an opening in the sebaceous gland, which just creates a breeding ground for a zit."

The most potent treatment for severe acne is Accutane, a Vitamin-A derivative so effective that all the doctors interviewed call it the "gold-standard." The downside? It is devastatingly dangerous for women who conceive while taking it. "You are virtually assured a child with severe birth defects," Gasiorowski says.

The Food and Drug Administration has made prescriptions for Accutane subject to strict monitoring. "You have to register online and use two forms of birth control if you are on it," Bender says. "For that reason alone, I look at other options first when I am treating severe acne."

With proper attention, he finds, "there is almost always something we can do to make it better."

BETH COONEY (STAMFORD ADVOCATE)

THE EXPERTS

**SkinDeep**



## Oh, No Brow

**Q** I plucked my eyebrows religiously as a teen. Now that fuller eyebrows are the "in" look, is there anything I can do to get them to fill out again?

**AH, THE OLD BRITNEY SPEARS** remorse syndrome. Unfortunately, in your case, the answer is no. "When people pluck enough, they destroy the hair roots," said Rockville dermatologist Jay Barnett. "The roots are scarred and they don't grow back." Before you comb through your medicine chest for the Rogaine, Barnett said, "products that promote hair growth (like Rogaine or Propecia, for men) only promote it if there is hair there to grow." In other words, save your moolah.

Instead, invest in a good quality eyebrow pencil and brush, and start filling in those puppies. But use it with care, or risk looking like a frightened, undercover drag queen. LYNN THORNE

**Want us to ask a dermatologist your skin question? Send your query to [skindeep@readexpress.com](mailto:skindeep@readexpress.com).**

# Rules of a Razor's Edge

**One of our scruffier reporters recently spent 50 minutes in a leather chair for a \$45 shave at the Art of Shaving, a high-end "barber spa" with locations in New York City, Miami and Dallas. "Baby smooth," he judged. The tips he gleaned:**

## Goop Works

Pre-shave oil (never tried it, right?) warms the skin, softens the beard, and helps your shaving cream

adhere and stay moist longer, says Eric Malka, cofounder of the Art of Shaving.

## Brush Up

Fingers aren't designed to make lather. Use a brush (badger hair is best). Run it under hot water. Circular motion raises the hairs and exfoliates.

## Switch Directions

For a big-date shave, go with the

grain once, reapply cream, and go lightly against the grain. Men's Health tried Schick's new four-bladed Quattro razor. Close and easy.

## It's the Balm

You've removed skin, so help what's left recover with aftershave balm with essential oils and no alcohol. It'll soothe and moisturize. Ignore the commercials — rub it in, don't slap it on. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

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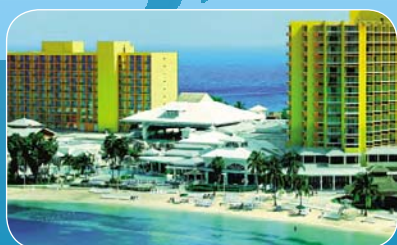
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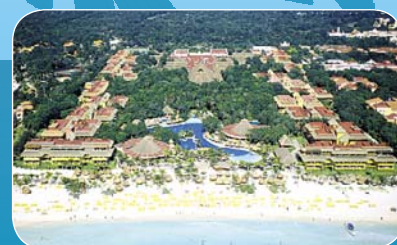
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